

Anne Bragge Jun^r

N. B. The *Second Part* of this
WEEK'S PREPARATION is now
Revised and Corrected throughout,
by a *Clergyman* of LONDON, and
printed on the same Size, to bind
with this *First Part*.



INDEX TABLE



Printed for the Assignees of SAMUEL KEBLE.
Published according to an Act of Parliament

A
Week's Preparation.

Towards a worthy receiving of

THE
LORD'S SUPPER.

After the Warning of the Church
for the Celebration of

THE
Holy Communion:

Consisting of
MEDITATIONS and PRAYERS
for every Day in the Week.

With Directions to live well after receiving
THE

HOLY SACRAMENT.

THE FIFTY SECOND EDITION
Corrected throughout and enlarged by a
Clergyman of LONDON.

LONDON Printed by Assignment from Sam Kerble
for Bathurst, Beecroft, Dod, Rivington, Ballard,
Fuller, Baldwin, Hawes & Co. Johnson, Keith,
Caslon, Crowder, Longman, Stevens, Wilsy, Ware,
Nicol, Madon & Richardson.

IMPRIMATUR

Joannes Battely Reveren-
dissimo in Christo Pat
& Dom. Domino Gu-
lielmo Archiep. Cant. &
Sacris Domesticis.

Jan. 29, 1685.
Ex Ædibus Lambethanis.





THE P R E F A C E.

CHRISTIAN READER,



YOU are here presented with a new Edition of a Book that is well known in the World, and which, it is hoped, has often afforded Help to the devout Soul in its Preparation for the Holy Sacrament of the Lord's Supper.

Complaints having been made of some Passages, in former Impressions, as being too rapturous, and unbeseeming the Sobriety of rational Religion; Care has been taken, in this Edition, to leave out whatever might seem unintelligible, gross and enthusiastical, and to retain nothing but what the Christian

of low Degree in religious Attainments, may use to his Soul's Health.

“ Fault has been sometimes found (says
 “ a great Ornament of our Church) with
 “ the little Treatises of Weekly Preparation,
 “ and the like; I think, without Reason.
 “ They are exceeding useful in their Kind.
 “ It may be happy for them, who need none
 “ of these Helps: But they that least need
 “ them, are not the Men, generally, who
 “ most despise them. However, they are
 “ not obtruded as Things absolutely neces-
 “ sary for all, but as highly useful to many,
 “ and especially upon their first Receiving:
 “ Tho’ we are none of us, perhaps, so per-
 “ fect, as not to want, at some Seasons,
 “ some such Hints for Recollection, or Helps
 “ to Devotion. There may be Excesses, or
 “ there may be Defects in such Treatises;
 “ what human Compositions are without
 “ them? In the general, it is well for com-
 “ mon Christians, that they are so plentiful-
 “ ly provided with useful Manuals of that
 “ Kind: They that are well disposed, will
 “ make use of them as often as they need
 “ them, and will at all Times give God
 “ Thanks and Praises for them.”

But whereas the greatest Part of Man-
 kind, having but seldom (some perhaps never)

the

THE PREFACE.

iii

the Time to go through the several Stages of Self-Examination, Confession, Retirement, Fasting, &c. recommended in good Books, are discouraged from coming to the Lord's Table when they find the Duty so troublesome; let the serious Christian understand and remember, that it is not necessary that the Whole of the ensuing Manual should be always used before the Sacrament, nor that a certain Time of a Week or a Fortnight, by way of Preparation, is absolutely necessary, before we venture to come to the Lord's Table. It is certain that the Primitive Christians, being mostly of the poorer Sort, and obliged to get their Bread by the Sweat of their Brow, and yet receiving the Sacrament very often, sometimes every Day, could not employ much Time by way of Preparation. "Much depends (says a late pious and judicious Writer on the Subject) upon the habitual Temper and Disposition of the Mind, and the constant Exercise of true Devotion: Likewise the Capacity and Leisure of each Person must be consider'd in fixing the Portion of Time to be employ'd in actual and particular Preparation, and the special Exercise incumbent upon every one of calling his own Ways to remembrance. A good Christian, who
sets

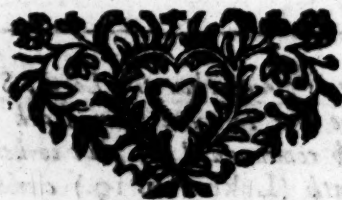
“ sets the Lord always before him, can-
 “ not need much Time to assure himself that
 “ he comes with due Dispositions. On the
 “ contrary, those who have forgotten God
 “ Days without Number, require more
 “ Time, and ought to undergo a stricter
 “ Examination, to see if their Repentance
 “ be sincere. But the great Matter to be
 “ attended to, is the general Tenor of our
 “ Lives, in which, if there be but an Even-
 “ ness and Regularity in well-doing, if there
 “ be but an honest and good Heart, a Man
 “ may go forth to his Work, and to his
 “ Labour, on Saturday, and be a good Com-
 “ municant on Sunday Morning. To love
 “ our Lord Jesus Christ in Sincerity, and
 “ to keep his Commandments, from a
 “ Principle of Gratitude for the great Be-
 “ nefits we have received at his Hands; to
 “ cease to do Evil, to learn to do Well; to
 “ refrain the Tongue from Evil, and the
 “ Lips that they speak no Guile; to seek
 “ Peace, and ensue it; to follow the Works
 “ of our Calling with Industry, and to pro-
 “ vide for our Family with Honesty; to
 “ trust in God’s Providence, and be content
 “ with our Condition: In short, to live so-
 “ berly, righteously, and godly in this pre-
 “ sent World, that is the true Prepara-
 “ tion;

The PREFACE.

v

"tion; and he that thus communicates, will
"never be rejected of God, or deserve to be
"condemn'd by Men.

"I speak not this to discourage those ex-
"traordinary Exercises which some good
"Christians chuse to go through before they
"receive the Holy Sacrament: My View
"is to distinguish what is really essen-
"tial from what is only circumstantial; and
"to make Christians comprehend that an in-
"voluntary Omission of certain religious
"Exercises, of which God has prescribed
"neither the Number, nor the Season, nor
"the Length, cannot exempt us from com-
"plying, when otherwise we may, with a
"Duty which is absolutely commanded to
"Christians of all Conditions."



The

*The EXHORTATION on Sunday before the
Holy Communion.*

DEarly Beloved, on *Sunday* next I purpose, thro' God's Assistance, to administer to all such as shall be religiously and devoutly disposed, the most comfortable Sacrament of the Body and Blood of Christ, * to be by them received in Remembrance of his meritorious Cross and Passion, whereby alone we obtain Remission of our Sins, and are made Partakers of the Kingdom of Heaven. Wherefore it is our Duty to render most humble and hearty Thanks to Almighty God, our heavenly Father, for that he hath given his Son, our Saviour Jesus Christ, not only to die for us, but also to be our spiritual

* *When Notice is given that the Lord's Supper is to be administered, resolve not to turn your Back upon it; because Jesus Christ hath commanded us, thus to keep up the Remembrance of his Death (Luke xxii. 19.) and because this is the only Comfort of Sinners: For through Faith in his Blood we obtain the Pardon of our Sins, and are made Partakers of the Kingdom of Heaven.*

Believe it for a certain Truth, that such as are not religiously disposed to go to this holy Sacrament, are not qualified to ask or receive any Blessing or Favour from God.

“ The

The EXHORTATION. vii

ritual Food and Sustenance in that holy Sacrament. Which being so divine and comfortable a Thing to them who receive it worthily, and so dangerous to them that will presume to receive it unworthily; my Duty is to exhort you, in the mean Season, to consider the Dignity of that holy Mystery, and the great Peril of the unworthy receiving thereof, and so to search and examine your own Consciences, (and that not lightly, and after the Manner of Dissemblers with God; but so) that ye may come holy and clean to such a heavenly Feast, in the Marriage Garment required by God in holy Scripture, and be received as worthy Partakers of that holy Table.

The Way and Means thereto is: First, to examine your Lives and Conversations by the Rule of God's Commandments; and whereinsoever ye shall perceive yourselves

"The Numbers that depart out of the Church (says a late pious Writer) may suggest to us a melancholy Consideration upon the Neglect and Contempt that is thereby thrown upon the Ordinance of our Lord and Master. How unaccountable it is for the Disciples of Jesus Christ to think that he will be pleased with our bearing a Sermon (the least Part by much, if any Part at all of Christian Worship) whilst we live in the habitual Neglect of the most solemn Act of Religion."

viii *The EXHORTATION.*

selves to have offended, either by Will, Word, or Deed, there to bewail your own Sinfulness, and to confess yourselves to Almighty God, with full Purpose of Amendment of Life. And if ye shall perceive your Offences to be such as are not only against God, but also against your Neighbours, then ye shall reconcile yourselves unto them, being ready to make Restitution and Satisfaction according to the utmost of your Powers, for all Injuries and Wrongs done by you to any other; and being likewise ready to forgive others that have offended you, as ye would have Forgiveness of your Offences at God's Hand, &c.

And because it is requisite that no Man should come to the holy Communion, but with a full Trust in God's Mercy, and with a quiet Conscience; therefore if there be any of you, who by this Means cannot quiet his own Conscience herein, but requireth further Comfort or Counsel, let him come to me, or to some other discreet and learned Minister of God's Word, and open his Grief, that he may receive ghostly Counsel and Advice, to the quieting of his Conscience, and avoiding of all Scruple and Doubtfulness.

A

Week's Preparation

Towards a Worthy Receiving of the
Sacrament of the Lord's Supper.

*On Monday Morning, and the rest of
the Week, when you first awake,
devoutly say,*

Lighten mine Eyes, O Lord, that I sleep not in Death. Mond.
Morn.

Awake thou that sleepest, and arise
from the Dead, and Christ shall give
thee Light.

Open thou mine Eyes, O Lord,
that I may see the wondrous Things
of thy Law.

At your first Rising.

IN the Name of our Lord Jesus
Christ, who was crucified for me,
I arise from mine own Rest to do him
Service. May he by his Cross and
Passion save me, bless me, govern me,
and keep me this Day, and for ever!
Amen.

B

I laid

A Week's Preparation

Mond.
Morn.

I laid me down and slept, and rose up again, for the Lord sustained me. O Lord, I commend into thy Hands, this Day, my Soul and my Body, with all the Faculties, Powers, and Actions of them both, beseeching thee to be ever with me, to direct, sanctify, and govern me in the Ways of thy Laws, and in the Works of thy Commandments; that through thy most mighty Protection, both here and ever, I may be preserved in Body and Soul, to serve thee, the only true God, through Jesus Christ our Lord.
Amen.

Almighty God, who hast promised to hear the Petitions of them that ask in thy Son's Name, I beseech thee mercifully to incline thine Ears to me, and support my Weakness by thy Mercy, in my Preparation towards a worthy Receiving the Holy Sacrament: And grant, O Lord, that I may effectually obtain thy Grace, to the Relief of my spiritual Necessities, and to the setting forth of thy Glory, through Jesus Christ our Lord.
Amen.

Our Father which art in Heaven, &c.
Monday's

for the Sacrament.

3

Monday.
Morning.

Monday's Meditations in the Morning.

Upon the most Holy Sacrament.

O The Depth of the Riches both of the Wisdom and Goodness of God! He hath made Man capable of knowing, loving, admiring, and enjoying his Maker. Amidst all Satisfaction, this is the only comfortable Rest of Man's Soul, to enjoy Communion with God through Christ. O my God, I trust in thee: My Prayer, O Lord, is founded upon Faith in thee; my Faith upon thy Promises, so that because thou art my God, therefore I trust in thee. What an excellent Gift, O Lord, was the Son of thy Love! It is thy Duty, O my Soul, to render most humble and hearty Thanks to Almighty God, our heavenly Father, for that he hath given his Son, our Saviour Jesus Christ, not only to die for us, but also to be our spiritual Food and Sustenance in this holy Sacrament. In this Sacrament, O blessed Jesus, thou art set forth crucified, and I behold thy Wounds;

Mond.
Morn.

from whence, by the Hand of Faith, I take hold of these comfortable Words of Life, my Lord and my God : My God ; Mine, for thou hast partaken of our human Nature, and thou hast made us to partake of thy Divine Nature ; thou hast taken upon thee our Flesh, and thou hast communicated unto us of thy Spirit : In this holy Sacrament, O adorable Saviour, we spiritually eat thy Flesh, and drink thy Blood, we dwell in Christ, and Christ in us ; we are one with Christ, and Christ with us. Therefore I trust in thee to make my Interest in the Covenant of Grace sure, and to bring me at last to thy Heavenly Kingdom.

Lord ! I do not trust in mine own Faith, but in thy Faithfulness ; not in my own Repentance, but in thy Pardon ; not in mine own Preparation, but in thy Acceptance : In Thee, in thy Merits, and in thy Mercies do I trust, let me not then be ashamed ; let me not be disappointed of my Hope, nor deprived of thy Blessing ; I trust in thee by this Sacrament, which I am going to receive, to be filled

for the Sacrament.

5

filled with good Things: O let me not be sent empty away; I trust in Thee, as the Rock of my Salvation: Thou, my God, hast promised that whosoever trusteth in thee, shall not be confounded; be it then unto me according to thy Word. And seeing thou, O God, art the same in Goodness, without any Variableness or Shadow of Turning make my Trust as firm as thy Promise is sure; so shall I not be confounded, because I have put my Trust in thee. O Lord, in thee have I trusted, let me never be confounded: But, O my Jesus, behold I am coming to thee, another poor *Bartimæus*, like him mention'd in the Gospel, so blind, that to find out thy Ways, thou must not only point them out, but also open my Eyes that I may see them. I am to present myself at thy Table, as another important Cripple in the Temple; so that to lead me into thy Truth, thou must not only go before me, but give me Feet also to run after thee: And that thou, my Jesus, (who art the same Yesterday, To-day, and for ever) wilt now, by the mighty Power

Mond.
Morn.

Mond.
Morn.

of thy Grace and Truth, even cure my spiritual Lameness, and Blindness; this is the Ground of my Hopes, thy Promises; this my Encouragement, thy Sacrament: In which Sacrament and Promises thou art exhibited unto my Soul, as the God of my Salvation: In thy Word thou hast given the Promise, and in thy Sacrament that Promise is sealed, that thou wilt save them that love thee from the Paths of Death, and lead them in the Way of everlasting Life: And so faithful art thou who hast promised, that safer it is for my Soul to be cast down even to the Grave with a Promise, than to be exalted as high as Heaven without it; for then, tho' I were brought low even to the Dust, yet Hope in thee would bear me up; whereas Presumption would throw me down, even tho' I had set my Nest among the Stars.

Now, for our comfortable Access to this most holy Sacrament, let us call to Mind the Institution of the same. Our blessed Saviour, in the same Night that he was betrayed, took Bread, and when he had given Thanks,
he

for the Sacrament.

7

Mond.
Morn.

he brake it, and gave it to his Disciples, saying, *Take, eat, this is my Body which is given for you, do this in Remembrance of me.* Likewise after Supper he took the Cup, and when he had given Thanks, he gave it to them, saying, *Drink ye all of this, for this is my Blood of the New Testament, which is shed for you, and for many, for the Remission of Sins: Do this, as oft as ye shall drink it, in Remembrance of me.* St. Matth. xxvi. 26. St. Luke xxii. 19.

In consecrating the Elements of Bread and Wine, our Saviour's Prayers went up to Heaven; the Benefits whereof remain with his Church here on Earth. The visible Elements of Bread and Wine, which he took and Blessed, and distributed among his Disciples, declare two Things; the one, That he would make himself a full, perfect, and sufficient Sacrifice, Oblation, and Satisfaction for the Sins of the whole World: The other, That he would become unto the Faithful by this Means a spiritual Repast; in both, God hath the Glory, and Man the Benefit. The Faith-


Mond.
Morn.

ful Communicant doth obtain, (as our Church piously prays) Preservation unto Life everlasting, both for his Body and Soul: For the humble Soul believing in the Incarnation, Death and Passion of Jesus, and receiving this Bread and Wine, in Token that God hath given Christ for our Sins, and relying on him as its only Redeemer: Such a lively Faith, if accompanied with true Repentance and Devotion, will convey to a penitent Believer, all the Benefits of the Birth and Death of Jesus Christ: And as the Bread and Wine being received, do communicate to us, all the natural Strength and Comfort that they contain; so the devout Communicant, by exercising a lively Faith in his crucified Saviour, draws Persuasions of his Pardon, and feels new Life and Vigour added to his Graces; and so spiritually eats the Flesh of Christ, and drinks his Blood. Hence we may rejoice in his Salvation, and represent with gladsome Hearts his Sacrifice to God for our Expiation, and fix our Eyes upon that Glory where he is enthroned, hoping we shall one Day

fit

for the Sacrament.

9

fit down with him in the Kingdom of ^{Mond.}
the Father, and keep a perpetual ^{Morn.}
Feast with him in Heaven. 

What should hinder thee, O my Soul, from using thy best Diligence and Endeavours to be so happy? Search and try, examine and prove thyself: Hast thou not a Mind to know and do the whole Will of God, with all thy Heart, and with all thy Soul, and with all thy Strength?

Is it the Desire of thy Soul to become poor in Spirit, meek, merciful, pure in Heart, a Peace-maker, and, if God should call thee to it, a patient Sufferer for Righteousness Sake? And art thou desirous to grow in Grace, and improve thy Talents, by going to this holy Table? Be not discouraged then, but know that the Lord will accept of such pious Dispositions. The Lord will hear the Prayer of the Humble: Go then, and offer the Sacrifice of Righteousness, and put thy Trust in the Lord.

A Week's Preparation

Mond.
Morn.

*A Prayer on Monday in the Morning,
as soon as we are dress'd, for Grace,
to spend the ensuing Week, and all
our Time well.*

O Eternal God! Who art from all Eternity, whose Glories and Perfections are infinite, and who hast created me, and endued me with Reason and Understanding, that I might serve thee in my Generation, and according to my Capacity: Give me, O Lord, thy Grace, that I may be a curious and prudent Spender of my Time this Week, so as I may best prevent, or resist all Temptations that may assault or hurt my Soul. Let thy Grace so powerfully assist and excite my weak Endeavours, incline my Will, and fortify my Resolutions, that I may persevere in that holy State which thou hast put me in, by the Grace of thy Covenant, and the Mercies of the Holy Jesus: O never let me fall into those Sins, and return to that vain Conversation, from which the eternal and merciful Saviour of the World hath redeemed me; but let me grow in Grace, adding Virtue

to

for the Sacrament.

11

to Virtue, reducing my Purposes to Acts, and increasing my Acts 'till they grow into Habits, and my Habits 'till they be confirm'd: Let thy preventing Grace dash all Temptations in their Approach: may my Hopes be never discomposed, nor my Faith weakened, nor my Confidence made remiss, nor my Title and Portion in the Covenant be lessened: Take from me all Slothfulness, and give me a diligent and an active Spirit, and Wisdom to chuse my Employment, that I may do all such good Works as thou hast prepared for me to walk in, and may fill up all leisure Spaces of this Week in Meditation upon the most holy Sacrament, performing Acts of Religion and Charity, that when the Devil assaults me, he may not find me idle; and my dearest Lord at his Coming, may find me busy in lawful, necessary, and pious Actions, improving my Talent intrusted to me, that I may enter into the Joy of my Lord, to partake of his eternal Felicities, even for thy Mercies Sake, and my dearest Saviour's Sake. *Amen.*

Mond.
Morn.

Can-

Mond.
Morn.

Conclude with the Lord's Prayer,
 ~ Our Father, &c.

*Now repair unto the publick Service of
 the Church, if you have Opportu-
 nity.*

Monday's Meditations in the Evening.

Mond.
Even.

Upon the most Holy Sacrament.

~ **C**ONSIDER with yourself, some time
 before you communicate, that
 you are invited to come, not only in-
 to the Presence, but unto the Altar of
 God, to be one of the Guests of the
 Lord of the whole World: What
 Manner of Love is this, that Heaven
 hath manifested unto us? Who can
 refrain from Tears of Grief and Sor-
 row to think of his own Ingratitude,
 and from Tears of Joy to think of the
 wonderful Kindness of the Lord?
 Can you look on him who was pierced
 for our Sins, and not lament and
 mourn? Can you think upon his bleed-
 ing Wounds, and not be troubled?
 No pious Heart can be so unconcern'd
 at

for the Sacrament.

13

at what beſel the Lord of Glory: Mond. Even.

And yet when we conſider, that by thoſe Stripes we are healed, that he hath waſhed us from our Sins in his Blood, that faithful Souls may take Sanctuary in his Wounds, and be ſecure and ſafe; we cannot chuſe but rejoice in the Lord, and be glad in his Salvation.

For this Sacrament is a Sacrament of Love, and innumerable Benefits belong to it. Therefore it is meet, right, and our unbounden Duty, that it be received with Love chiefly, ſeeing we cannot ſo gratefully acknowledge the exceeding great Kindneſs of our deareſt Maſter, in inſtituting this Sacrament ſo full of Love, as by Love; and to the End that we ſhould always remember the exceeding great Love of our Maſter, and only Saviour Jeſus Chriſt, thus dying for us, and the innumerable Benefits, which by his precious Blood ſhedding he hath obtained to us, he hath inſtituted, and ordained holy Myſteries as Pledges of his Love, and for a continual Remembrance of his Death, to our great and endleſs Comfort.

Con-

A Week's Preparation

Consider how great Love our Saviour hath shew'd towards us in instituting this Sacrament, and preparing this heavenly Banquet for poor Sinners; this was pure Love indeed, seeing nothing could be given more excellent, and more dear. And shall the Lusts of the World, O Lord, be greater in my Soul than the Love of Thee: Shall the Temporary Delights of Sin drown the Remembrance of thy Mercy towards me in this Holy Sacrament? My Life is but a Span; and yet, I beseech thee, shorten that rather than it should be spent in a Neglect of Thee: Better this Earthly Tabernacle should be dissolved, than that I should grieve thy Holy Spirit by resisting his good Motions, and follow my own Hearts Lusts. Let me pay Nature the Debt I owe her, sooner than perhaps she might call for it, rather than offend thy Divine Majesty, It is better I should die, and be lost to the World, than forget Thee: Thou broughtest me out of nothing, not to sin, but to serve Thee in Holiness of Life; not to follow my own Will, but thine; not to pursue

purſue with too much Eagerneſs and Anxiety the Things of this World, but ſeek firſt, and above all Things, the Kingdom of Heaven and its Righteouſneſs. Make me therefore to hunger and thirſt after Righteouſneſs, to covet earneſtly thy Gifts of Grace, ſo ſhall I be filled with Peace and Joy in this Life, and after Death be crowned with Glory and Immortality. It is none of the leaſt Sins of our Youth, that we are careleſs and forgetful of Thee our Creator; and no Wonder that many are ſo inſenſible of ſpiritual Pleaſures, who live in ſuch a conſtant and continued Neglect of the Lord's Supper: Make me therefore, O my God, to conſider, that had I the Fruition of all that I can wiſh, or long for here, I ſhould not only not be ſatiſfied, but in the End find how miſerable a Thing it is to ſet one's Heart on any Thing but thyſelf: Teach me, therefore, ſo to uſe the Word, that I loſe not Thee, nor that bleſſed Reward which thou haſt promiſed to them that honour Thee. Let every one, meditating on the Love of Chriſt, aſk the Queſtion, and make
the

Mond.
Even.

the Answer with the Psalmist: *Psal. cxvi. 11. What Reward shall I give unto the Lord for all the Benefits he hath done unto me? I will receive the Cup of Salvation, and call upon the Name of the Lord.*

Now repair unto the publick Service of the Church, if you have Opportunity.

Preparation for receiving of the Sacrament.

THE due Preparation for the Sacrament consists in Examination and Prayer, whether thou hast,

1. A fervent Desire to partake of the Lord's Supper?
2. Competent Knowledge in this holy Mystery.
3. Faith in Christ's Incarnation, Cross and Passion.
4. A Conscience cleansed by true Repentance.
5. An Heart free from Envy, Malice, and all Uncharitableness.

Psal. He that would communicate worthily,
gust

- | | | |
|-------------|----|-------------|
| 1. Examine, | }} | 4. Believe, |
| 2. Desire, | | 5. Repent, |
| 3. Know, | | 6. Obey. |

Let a Man examine himself, and so let
him eat of that Bread, and drink of that
Cup. *1 Cor. xi. 28.*

Blessed are they which do hunger and
thirst after Righteousness, for they shall
be filled. *St. Matt. v. 6.*

Ho, every one that thirsteth, come ye
to the Waters. *Isa. lv. 1.*

Lord, evermore give us this Bread.
St. John vi. 34.

For he that eateth and drinketh unwor-
thily, eateth and drinketh Damnation to
himself, not discerning the Lord's Body.
1 Cor. xi. 29.

I am the Bread of Life; he that cometh
to me shall never hunger, and he that be-
lieveth in me shall never thirst. *St. John*
vi. 35.

Christ dwelleth in our Hearts by Faith.
Eph. iii. 17.

I will wash my Hands in Innocency,
and so will I go to thine Altar, O God.
Psal. xxvi. 6.

If

18 A Week's Preparation

If thou bring thy Gift to the Altar, and there rememberest that thy Brother hath aught against thee, leave there thy Gift before the Altar, and go thy Way; first be reconciled to thy Brother, and then come and offer thy Gift. *St. Matt. v. 23, 24.*

To love God above all, for his own Sake. To love all Men as ourselves, for God's Sake. And to do unto all Men as we would they should do unto us. *St. Matt. xxii.*

Holy and useful Rules to be observed.

The Sacraments of the Church.

The Two, truly so called, as generally necessary to Salvation, are Baptism and the Lord's Supper.

The Three Theological Virtues.

Faith, Hope and Charity. *1 Cor. xiii.*

Three Kinds of good Works.

Fasting, Prayer and Alms-deeds. *St. Matt. vi.*

Seven Gifts of the Holy Spirit.

1. The Spirit of Wisdom. 2. And Understanding, 3. The Spirit of Counsel.

for the Sacrament.

19

1. 4. And Ghostly Strength. 5. The
spirit of Knowledge. 6. And true Godli-
ness. 7. The Spirit of a Holy and Filial
fear.

The Twelve Fruits of the Holy Ghost.

Love, Joy, Peace, Long Suffering, Gentle-
ness, Faith, Temperance, Goodness, Meek-
ness, Modesty, Shamefacedness, Poverty,
of Spirit. *Galat. v. 22, 23.*

The Seven Spiritual Works of Mercy.

1. To instruct the Ignorant.
2. To correct Offenders.
3. To counsel the Doubtful.
4. To comfort the Afflicted.
5. To suffer Injuries with Patience.
6. To forgive Offences and Wrongs.
7. To pray for others.

The Six Corporeal Works of Mercy.

1. To feed the Hungry, and to give
Drink to the Thirsty.
2. To cloath the Naked.
3. To harbour the Stranger and Needy.
4. To visit the Sick.
5. To minister unto Prisoners and Cap-
tives.
6. To bury the Dead.

The

The Eight Beatitudes. St. Matt. v.

1. Blessed are the poor in Spirit, for theirs is the Kingdom of Heaven.

2. Blessed are they that mourn, for they shall be comforted.

3. Blessed are the Meek, for they shall inherit the Earth.

4. Blessed are they which do hunger and thirst after Righteousness, for they shall be filled.

5. Blessed are the Merciful, for they shall obtain Mercy.

6. Blessed are the pure in Heart, for they shall see God.

7. Blessed are the Peace-makers, for they shall be called the Children of God.

8. Blessed are they which are persecuted for Righteousness Sake, for theirs is the Kingdom of Heaven.

Meditate frequently on these Four last Things, viz.

Death, Judgment, Heaven and Hell.

A Form of Self-Examination.

1. **O** My Soul! didst thou ever endeavour to persuade thyself, or others, that there is no God?

2. Dost

2. Dost thou prefer, or love any Thing whatsoever, before the Service and Will of God?
3. Art thou tempted to disbelieve his Word?
4. Dost thou fear God, so as to keep him from offending him?
5. Dost thou fear Man above him, by committing Sin to shun an Occasion of suffering?
6. Dost thou distrust God in Dangers and Distresses, or use unlawful Means to bring thyself out of them?
7. Art thou guilty of not depending on God for Supply of thy Wants, and of immoderate Care for outward Things?
8. Art thou accustomed to neglect the Duties of thy worldly Calling, and expect that God should support thee in Idleness?
9. Dost thou behave thyself irreverently in the House of God, or neglect to keep holy the Lord's Day?
10. Dost thou not neglect to read the Holy Scriptures, and art thou careful to conform thy Thoughts, Words and Actions to the Word of God?
11. Dost thou strive to get a right and true Knowledge of thy Duty, or dost thou rather

22 A Week's Preparation

rather chuse to continue ignorant than put thyself to the Pain or Shame of learning?

12. Dost thou not place Religion in hearing of Sermons, without practising them?

13. Dost thou not sometimes wilfully omit Prayers, publick or private, being glad of any Pretence to do so?

14. Dost thou not neglect the Duty of Repentance, not calling thyself to a daily Account for thy Sins?

15. Art thou not often guilty of Anger and Peevishness?

16. Art thou careful in examining what thy Estate towards God is?

17. Art thou content with thy Portion, not envying the Condition of other Men?

18. Art thou guilty of Uncleanliness, Adultery, Fornication, unnatural Lusts, filthy and obscene Talking, impure Fancies and Desires?

19. Hast thou been guilty of Murder, open or secret?

20. Art thou guilty of Unfaithfulness, in Trusts and Promises, whether to the Living or Dead?

21. Hast

21. Hast thou blasted the Credit of thy Neighbour, by Railing, by Whispering, or backbiting?

22. Art thou guilty of Lying, Cursing, utter and reproachful Language?

23. Art thou wanting in Charity to thy Neighbour, in not loving and forgiving thy Enemies, not relieving them in their poverty?

24. Art thou a Lover of Peace, not going to Law upon slight Occasions?

Of the Seven deadly Sins.

The First of Pride.

Pride, Vain-glory, Ambition, Presumption, Vaunting, Hypocrisy, Flattery, Disimulation, Obstinacy, Flouting, or Scoffing, Contempt of others.

The Second of Covetousness.

Covetousness, Niggardliness, Greediness, Unpitifulness: Not giving Alms: Not being contented with our own Estate.

The Third of Luxury.

Committing of Adultery, unclean Thoughts, Words or Deeds, unchaste Looks, lascivious Dressing, Colouring, or Painting, looking upon a Woman to lust after her, lewd

lewd Company, filthy Books, unchaste Songs.

The Fourth of Anger.

Anger, Impatience, Hastiness, Rage or Fury, Disdainfulness, Fretfulness, Discontentedness, picking of Quarrels, immoderate Grieving, severe Correcting.

The Fifth of Gluttony.

Gluttony, Drunkenness, intemperate Feeding.

Giving to Dogs that which the Poor would have been glad of.

The Sixth of Envy.

Envy, grieving at another's Prosperity or Gettings, or to have them well spoken of rejoicing at their Hurt.

Interpreting their Doings or Sayings in the worser Part.

The Seventh of Sloth.

Sloth, Indevotion, Idleness, or Laziness, neglecting Things given us in Charge, Ingratitude to God for his Benefits, Unthankfulness to our Friends and Benefactors, chusing rather to beg, than to work or labour for our Living.

Note

Note.

In all these, a Man may not only sin himself, but also be accessory to another Man's Sin; either by commanding, by counselling, by consenting, by receiving, by partaking, by not speaking to hinder it, by not admonishing; and lastly, by evil example.

Holy Ejaculations to be said after examining ourselves.

Kneeling say,

WH^O shall give to my Head Waters, and to mine Eyes a Fountain of Tears, that I may bewail both Day and Night my Sins and Ingratitude towards my Creator and my God?

Consider (O my Soul) the Multitude of the Benefits which God hath bestowed upon thee, and be thou confounded and ashamed for thy Iniquity and Wickedness.

Thou didst make me, O Lord, when I was not, and that after thy own Image.

Thou, from the very Instant of my being, hast been my gracious Protector, my Father, and mighty Deliverer.

Thy blessed Son came down from Heaven, to seek me, when I had erred and stray'd from thy Ways, like a lost Sheep.

C

What

26 **A Week's Preparation**

What shall thy sinful Creature say, O Lord? I confess I am not worthy to appear in thy Sight, nor to be called thy Son.

Whither shall I go for Pardon and Peace?

Art thou not my Father, and in very Truth a Father of Mercies, which have no End or Measure?

For though I have (as much as in me lay) for a long time acted like the Prodigal Son; yet thou, even to this present dost not cease to be my Father.

I will arise, and go to my Father, and cast myself down at his Feet, and humbly crave Mercy.

Art thou not my Creator, my Preserver, my Redeemer, my Deliverer, my King, and my God?

Whither then shall I go? Whither then shall I fly but unto thee?

If thou reject me, to whom shall I seek for Succour?

Behold I come full of Wounds, but thou canst heal me, O great Physician of Souls.

Sprinkle me (O Lord) with thy precious Blood, and I shall be made clean.

Thy Mercy is greater than my Iniquity; thy Clemency exceedeth my Transgressions.

for the Sacrament.

27

essions; and thou canst forgive my innumerable Offences.

Do not look, O Lord, upon the Multitude of my Sins, but spare me according to thy infinite Mercies.

I resign myself wholly into thy Hands. Thou, O God, who art able to do all things, convert me unto thee.

Enlighten my Understanding; sanctify my Will; and renew a right Spirit within me.

O may I depend only on thee, fear and love thee above all Things, and serve thee fervently. And in all my Actions, hereafter conform myself to thy blessed Will and Pleasure. Finally, I beseech thee to impart unto me thine abundant, effectual Grace, by which I may be able to lead a holy Life, and to serve thee even to the End of my Days, thro' Jesus Christ, our Lord. *Amen.*

A Prayer on Monday Evening, for ^{Mond. Even.} *Preparation for Receiving the Holy Sacrament.*

O Lord, I do here cast down myself before thee, O cast me not away from thee. I cannot stand at
C 2 the

Mond.
Even.

the Bar of thy Justice ; I do therefore
 lie down at the Footstool of thy
 Mercy. I do condemn myself for my
 Sins ; Lord, do not thou enter into
 Judgment with thy Servant, but wash
 away my Sins in my Saviour's Blood.
 I do most humbly bewail my wretched
 Nature and wicked Life, for my
 Thoughts, Deeds and Works past
 have been abominable ; my Conscience

* Here think of
 your particular Sins.

science cries out against me, * so vain
 so vile, so impure
 and evil have they been before thee
 Wash my Soul, O Lord, in the Fountain
 that is opened for Sin, and for
 Uncleanness : Then, though my Sins
 be as red as Crimson, they shall be
 come white as Snow. O pardon thy
 poor penitent, I beseech thee, and
 for the Time to come, let thy holy
 Spirit assist me to keep a Conscience
 void of Offence towards thee and
 towards Man. Lighten the Dark-
 ness of my Mind with the Light of
 thy Truth, and kindle in my Heart
 a Love towards thee. O may I never
 more be ensnared by the Poms and
 Vanities of this wicked World ! but

let

for the Sacrament.

29

before my Conversation, my Heart, and ^{Mond.}
 thy Affections be chiefly employ'd ^{Even.}
 about heavenly Things. May thy
 intercession be my only Care, as the Way
 to Glory; for the more I serve thee,
 the more is thy Blessing on Earth,
 and will be my Blessedness in Heaven.
 If I cannot serve thee Day and Night,
 with these devout Women, *Hannah*
 and *Elizabeth*, in the Temple, because
 of my worldly Business and Family
 Affairs; yet, since I am redeemed to
 serve thee all my Days, let me not
 be backward to keep, as well as I am
 able, this Week holy. Since thou
 wilt bestow an happy Eternity for
 my well spent Time, let me be a careful
 Manager of that inestimable Treasure.
 At all Times make me to watch and
 pray, and walk circumspectly: And
 let thy holy Spirit assist and strengthen
 me in my spiritual Warfare. Let
 me so use thy earthly Blessings, that
 they may not hinder me from coming
 to thy Table; even for the alone
 Merits of him, who overcame the
 World for me, the Captain of my
 Salvation, thy dear Son Jesus Christ,
 my Lord. *Amen.*

Mond.
Even.


O Everlasting God, the Fountain of all Blessings, be pleased to sow the good Seed of thy Word in my Heart, and water it with the Dew of thy heavenly Blessing, that while I exercise myself in it Day and Night, I may be like a Tree planted by the Water-side, bringing forth in all Times and Seasons, the Fruits of a holy Life. Lord, I am no longer mine but thine, therefore claim me as thy Right, keep me as thy Charge (this Night) and love me as thy Child, and grant me such Supplies of thy Grace, that both in my Soul and Body, I may evermore serve thee with all my Strength and Might, through Jesus Christ our Lord. *Amen.*

A Prayer to conclude our Devotions for every Day in the Week.

A Almighty God, who hath promised to hear the Petitions of them that ask in thy Son's Name; I beseech thee mercifully to incline thine Ears unto me, who have now made my Prayers and Supplications unto thee; And grant that those Things which I have faithfully asked, according to thy

for the Sacrament.

31

thy Will may be effectually obtained, Mond.
to the Relief of my Necessities, and to Even,
the setting forth of thy Glory, thro' 
Jesus Christ our Lord. Amen.


Our Father, &c.

The Blessing.

*The Peace of God, which passeth all
Understanding, keep my Heart and
Mind in the Knowledge and Love
of God, and of his Son Jesus Christ
our Lord; and the Blessing of God
Almighty, the Father, the Son, and
the Holy Ghost, be with me now and
at the Hour of Death. Amen.*

Tuesday's Meditations in the Morning.

Upon the most Holy Sacrament.

MANY there are in the World Tuesd.
Morn. 
who, through Carelessness and
Negligence, or Ignorance and Inde-
votion, will not take Pains to pre-
pare themselves for this special Part
of the Service of God, but abstain
from the Holy Sacrament. A mise-
rable Case it is, that we should, for
mean and transitory Things, neglect
heavenly

Tuesd.
Morn.

heavenly; let us consider whose Creatures we are, why God hath sent us into this World, what he will require of us when we must appear before the Judgment Seat of Christ. If in our Earthly Affairs we often forget Heavenly, good Reason it is, that in Heavenly Matters we should lift up our Hearts towards Heaven, and prepare ourselves to receive this celestial Banquet in a devout Manner. Let us go to the Lord's Table, and, if it be possible, excite a greater Love in our Hearts towards our Lord Jesus, than ever we felt before. Let us offer up ourselves to him with strong and fervent Desires. O how little is their Love, and how weak is their Devotion, that so easily absent themselves from the Holy Communion!

Oh! what Satisfaction does it yield to a penitent and believing Heart, to think upon the Wonders of our dying Master's Love; and of the Interest it has in his Redemption. And, oh! that my Soul could imitate my Saviour! Oh that my Heart might return the like Love, in giving myself up entirely to God's Service! Gracious Lord,

for the Sacrament.

33

Tuesd.
Morn.

Lord, If I find not present Comfort
in this blessed Sacrament, yet on thee
will I wait; if thou art pleased to de-
scend thy Consolations for the Trial of
my Faith and Love, O let not my
Faith faint, seeing I cannot wait too
long for the Grace I so much desire,
and which I am assured I shall at last
obtain; for the Lord is good; and
where, O my Soul, canst thou better
taste the Goodness of the Lord, than
in the blessed Eucharist, the Sacred
Feast of the Lord's Goodness? The
Saints of Old, how have they come
from this thy Table satisfied with
good Things, strong in Faith to re-
sist the Temptations of Satan! Why
art thou then so heavy, O my Soul,
and why art thou so cast down with-
in me? Is it because thou hast broken
the Covenant of thy God, and there-
by forfeited his Favour? Do not de-
spair of a Reconciliation, for will not
the Lord, who is good, be as gracious
to his Enemies, as he requires us to
be to ours? Our blessed Saviour, that
good Shepherd of the Sheep, came to
seek those that are lost, and to raise
those that are fallen; so that as sure

Tuefd.
Morn

as the Lord is good and upright, merciful and faithful, so sure it is he will not cast off the Penitent, he will not reject the Humble, but he will teach penitent Sinners in the Way. Thanks be unto Thee, O Thou Creator and Redeemer of Man, who to manifest thy Love to the whole World, hast prepared this Feast, which is our best and choicest Provision for our spiritual Journey, in this our earthly Pilgrimage to the heavenly *Canaan*.

A Prayer on Tuesday Morning, by way of Preparation for the Holy Sacrament.

O Eternal God, who wert pleased in Mercy to look upon us, when we were in our Blood, to reconcile us when we were Enemies, finding out a Remedy for us, which Mankind could never ask, even making an Atonement for us by the Death of thy Son: Let me never fall into those Sins, and return to that vain Conversation from which the all-gracious and most merciful Saviour of the World hath redeemed me, but let thy preventing Grace dash all Temptations

for the Sacrament.

35

Tuesd.
Morn.

tations in their Approaches; let me grow in Grace, adding Virtue to Virtue, reducing my Purposes to Acts, and increasing my Acts 'till they grow into Habits, and my Habits 'till they be confirmed in Virtue. O God, be pleased to impart to thy Servant a Ray of thy Heavenly Light; open mine Eyes, and set all my Sins before my Face, that I may speedily and earnestly, and heartily repent of, and forsake them all; give me a due Sense of my Infirmities, that I may watch against them, and whatsoever is wanting in me towards the Understanding of any Thing, whereby I may please thee, and perfect my Duty, I beg of thee, to reveal that also unto me. Oh, that I may feel such a strong Sense of thine incomprehensible Majesty in my Heart, as may banish all vain and sinful Thoughts. This Week, O Lord, and the rest of my Life, I dedicate absolutely to thy Service, and let me never be so base and ungrateful as to return to those Sins which are now become the Burden of my Heart, and grieve thy holy Spirit; which rent the Flesh, and shed the Blood

Tuesd.
Morn.

Blood of the Lord Jesus, and which I have so often and so solemnly protested against; be pleased therefore, O my dearest Lord, to create in thy Servant great Hunger and Thirst after the Things of thy Kingdom, and the Righteousness of it, that I may long for the Bread of Heaven, thirst after the Fountain of Salvation, and as the Hart panteth after the Brooks of Water, so my Soul may desire thee, O Lord: O kindle such a holy Flame in my Soul, that it may be Meat and Drink to me, to do thy Will, loving thee above all Things in the World, worshipping thee with the humblest Adorations, and continually meditating upon that divine Sweetness and eternal Love and Joy reserved in Heaven for us; to which I humbly hope to be brought by thine infinite Mercies in him, who hath taught me to call thee Father, and to say when I pray, *Our Father which art in Heaven, &c.*

Tuesday's

Tuesday's Meditations in the Evening.

Preparations before the Sacrament, and the Necessity of it.

P RepARATION is a Means to get the Heart in Order for Receiving of the Blessed Sacrament: Take Heed to thy Foot when thou goest into the House of God, said the Royal Preacher; but if *Eccles. v. 1.* such Heed must be taken when we come to the House, how much more when we come to the Table of the Lord? Sanctify yourselves (saith *Samuel*) and come with me to the Sacrifice. Sanctification was necessary to the Eating of the Sacrifices under the Law, much more now under the Gospel is it requir'd for our feeding on that great Sacrifice for Sin, of which all the *Mosaical* Sacrifices were but Shadows. It was a devout Saying of *David*, *Psal. xxvi. 6. I will wash my Hands in Innocency, so I will compass thine Altar, O Lord.* Too many are as ignorantly bold in this, as the Disciples in another Case: *Are you*

Tuesd.
Even.

you able (saith Christ) to drink of the Cup that I shall drink of? We know how rashly they answer'd, We are able, St. Matth. xx. 22.

Some unthinking Wretches, if we ask them, Are ye able, are ye fit to receive Christ in the Sacrament at his Table, are so confident of their Worthiness and Ability, that they are offended at the very Question? Whereas it is justly to be feared they never yet bestowed a single Hour in examining their Souls, and preparing their Hearts for so solemn a Work. According to a Man's Preparation will be his Profit. Preparation is the Seed preceding the Harvest. He that sows nothing, cannot expect to reap: And he that sows sparingly, shall reap sparingly: 'Tis in Receiving as in Praying; he that prepares his Heart to pray, finds a favourable Answer to his Prayers. Our most merciful Redeemer extendeth his Bounty and Grace to devout Communicants. Open thy Mouth wide, and I will fill it, *Psal. lxxxi. 11.* Joseph said to his Servant, Fill the Mens Sacks with Food, as much as they can carry, *Gen.*

Gen. xlv. 1. How much more will our Blessed Jesus be liberal to us in the Holy Sacrament: Draw near to God, and he will draw near to you, (*Jam. iv.*) and a rich Blessing shall we carry away with us from this Storehouse of Blessings. A holy Life is a perpetual Sacrifice, and he that so lives, keeps his Heart as an holy Altar, always warm and glowing with Devotion. A circumspect Life makes us both fit and desirous to converse with God every Day; good Actions beget in us greater Longings after Grace, and good Desires make us still do well, out of Hope to have more Grace: When a good Man lifts up his Heart to God, he finds God ever present to his Soul; the Sweetness of such Converse with God, and the Power of his Grace consequent upon our hearty Desires, engages and enables us to a holy Conversation and a godly Life; the Happiness of which is so great, that it excites us to do all we can to maintain a holy Communion with our Almighty Creator, by a lively Faith in the Son of his Bosom; and to dread being separated from his Love.

Con-

Tuesd.
Even.

A Week's Preparation

Consider that it is a very dangerous Thing for those that fear God, to neglect attending on this Ordinance. How hard went it with those, who being invited so lovingly by our Lord, nevertheless came not to his Supper? 'tis very dangerous to reject or neglect the Lord's Bounty. There is a Punishment for them who ought to come, and come not, as well as for those who come not in a prepared Manner, as they ought.

No Man can come to this divine Feast so worthily as he ought; do what we can, too much Dulness, Deadness and Distraction will be our Companions; but yet this is our Encouragement, that if the Lord sees a Man set himself seriously to a Preparation, he will bear with many Failings. *Hezekiah prays,*

2 Chron. xxx. 18.

The good Lord pardon every one that prepares his Heart to seek God, the Lord God of his Fathers, though he be not cleansed according to the Purification of the Sanctuary: And what was the Success of his Prayer? And the Lord healed the People, and they kept the Feast with great Gladness: Behold

for the Sacrament.

41

Tuesd^e
Even.

Behold how gracious the Lord is to such whose Hearts are set on Preparation for his Ordinances. Let us this Week set our Hearts in Order to serve God, for our devout coming to the Lord's Supper, and consider how well-pleasing it is unto the Lord Jesus, promising to serve him in Holiness and Righteousness all the Days of our Life.

A Prayer on Tuesday Evening, before the Holy Sacrament.

O Merciful Father, who, according to the Multitude of thy Mercies, dost so put away the Sins of all those who truly repent, that thou remembereſt them no more; open, I beſeech thee, the Eyes of thy Mercy upon me, thy unworthy Servant, who moſt earneſtly deſire the Pardon and Forgiveness of all my Sins and Offences, in Thought, Word and Deed. Thy Bleſſings and Benefits I have abuſed; thy Judgments and Punishments not feared; the Means of my own Salvation I have wretchedly neglected.

But

Tuesd.
Even.

W But, O Lord, with thee there is
Mercy, that thou mayst be fear'd; thou
art the God of all Comfort, merciful
and loving, ready and willing to hear
all penitent Sinners, that in Heart are
sorrowful for their Sins. It is some
small Comfort to me, that I find my
Heart melted into some Tenderneſs
and Contrition for my paſt Sins. By
this I hope thou haſt not taken thy
Holy Spirit from me; and that thou
wilt not forſake the
Pſal. cxxxviii. 8. Work of thine own
Hands; but perfect that which concerneth me. As thou haſt begun a good
Work in me, I humbly hope thou
wilt carry it on, to the Day of Jeſus
Chriſt. Turn my Heart, O Lord,
that I may loath and abhor that which
is evil, and cleave to that which is
good. It is not thy Pardon alone
which I deſire, but that I may be
thoroughly renewed and changed in
my Mind, Will and Affections: I
long for ſuch a Portion of thy Grace,
as may over-awe and rule me in
every Thought, Word, Deſire and
Action of my whole Life. In the
Name therefore of Jeſus Chriſt, my
blessed

for the Sacrament.

43

Tuesd.
Even.

blessed Redeemer, I humbly prostrate myself before the Throne of thy Mercy-Seat, that for his only Sake, thou wilt have Compassion on me; I submit myself to thy Goodness, beseeching thee not to let my Sins be a Cloud between my Prayer and thy Pity; but forgive and forget all my Transgressions, all my Misdoings, let them be Sins of what Condition soever, whether Sins of my Youth, or Sins of my riper Age; Sins of my Body, or Sins of my Soul; secret or open Sins; notorious or presumptuous Sins; Sins of Pride, Envy, Hatred, Malice, &c. Good Lord forgive them all, and of thy great Goodness grant me perfect Remission and Absolution for the same, through Jesus Christ.

And now, O Lord, that I am (on Sunday next) to receive the Blessed Sacrament of the Body and Blood of thy dear Son, how shall I, that am so great a Sinner, vile Dust and Ashes, presume to approach thy Table; Thou, O Lord, in thy Gospel, hast left us a Command, *Come unto me all ye that labour, and are heavy laden, and I will give you Rest.* Lord, I close with

Tuesd.
Even.

with this most endearing Invitation
thine. Wash me thoroughly from
my Wickedness, and cleanse me from
my Sins, and of thy gracious Good-
ness direct me in this great Affair,
with a reverend and awful Fear of
thy Majesty, that all the Faculties of
my Soul and Body may be intent,
rightly to apprehend, and joyfully to
receive this eternal Food, this Bread
of Life; and that by thy Grace I
may obtain the Virtue, Fruit and Be-
nefits of the Death and Passion of my
Saviour; and by the same the Re-
mission of all my Sins, and everlast-
ing Salvation, through Jesus Christ
our Lord. *Amen.*

Wednesday's Meditations in the Morning.

Upon the most Holy Sacrament.

Wedn.
Morn.

WHEN God gave his Son to
die for our Sins, it could not
be but he should give us all Things
else, appertaining to Life, Godliness
and Salvation. And therefore this
Blessed Sacrament is a Conveyance
of

of all Felicities ; but as it was at first, *Christ came* into the World, and the World knew him not : So Christ hath commanded us to receive this Sacrament, in Remembrance of him ; and yet by many he is not rightly understood, and less truly valued. But Christ may say to us, as once to the Woman of Samaria, *Woman, if thou didst know the Gift of God, and who it is that speaks to thee, thou wouldst ask of him* ; and so, if we were wise, or so happy, as to know the Excellency of this Gift of the Lord, it would fill us full of Wonder and Adoration, Joy and Thankfulness ! For the Love of our dearest Lord is written in the largest Characters in these holy Mysteries. In the Holy Sacrament, we may taste and see how gracious our Lord is ; no Love can be greater than that which is so exceeding great as to bestow the greatest Good upon us ; and such was the Charity of our Lord, who brings Health to our Souls in the Holy Sacrament, gives us the Bread of Heaven, yielding Food, and Health, and Delight ; Love desires to do all Good to its beloved

Wedn.
Morn.

loved Object, and that is the greatest
 Love which has given us the greatest
 Blessing: And this Sacrament Christ
 designed for that Purpose, that he,
 who is not present to our Eyes, might
 always be present to our Spirit: Love
 demands Love again, and to desire to
 be beloved, is of itself a great Argu-
 ment of Love: And as God cannot
 give us a greater Blessing than his
 Love, so what greater Demonstration
 of it can he give us than what was
 manifested in our Saviour's Life and
 Death? Love hath no Expression be-
 yond this, and it desires to be united
 unto its beloved Object. Let it be
 our great Desire and Delight to come
 to this Holy Sacrament; for now the
 Lord our God calls upon us, not on-
 ly to be nigh unto him, but to be
 one with Christ, and Christ with us.
 What Nation is so great, who hath
 God so nigh unto them, as the Lord
 our God is in all Things, which we
 call upon him for? Let us do Ho-
 nour to God, express the Homage
 and Duty of redeemed Servants, ac-
 knowledge his supreme Dominion,
 give him Thanks and Worship, beg
 Pardon

for the Sacrament.

47

Wedn.
Morn.

ard on for our Sins, pray for the di-
ine Blessing, and a Supply of all our
Needs. Let us go, O my Soul, and
eclare before Angels and Men, that
we are Christians indeed, and mean
to live and die in Christ's holy Reli-
gion. And let us now take Shame to
ourselves, that we have at any Time
lived to contradict our Belief; and let
us fully resolve to love him better and
better, by coming to his Table. He
hath invited thee, he expects thee, he
loves to see thee there, and will make
thee know that he loves thee, and de-
lights to do thee Good. Raise up thy-
self, O faithful Soul, and love that
chief Good, in whom are all Bles-
sings, and without whom there is no
other true Good. Why should we
forsake the Fountain of living Waters,
and hew us out broken Cisterns, that
hold no Water? Let us come to the
Holy Sacrament, and we shall find
the Fountain of living Waters. O let us
ask of our Lord Jesus, and he will
give us Living Water, springing up
into everlasting Life,
This is Life eternal, to
know thee, the only true God, and
Jesus

St. John iv. 14.

Wedn.
Morn.

Jesus Christ whom thou hast sent : And therefore if thou canst confess with thy Mouth the Lord Jesus, and believe in thy Heart, that God hath raised him from the Dead, thou shalt be saved. O give Thanks therefore unto the Lord, for he is gracious, for his Mercy endureth for ever ; and let us say with great Gratitude. What Reward shall I give unto the Lord, for all the Benefits that he hath done unto me ? I will receive the Cup of Salvation, and call upon the Name of the Lord.

A Prayer on Wednesday Morning of Confession of Sins to God, before the Receiving the Holy Sacrament.

O Almighty God, I thy poor sinful Creature, prostrate myself before thee, full of Anguish and Confusion for my Offences against thy divine Majesty. I am not worthy, O Lord, to look up to Heaven, which is the Throne of thy Purity, for my Sins are more in Number than the Hairs of my Head, and my Heart hath failed me.

Lord be merciful to me a Sinner.

I have

I have not lived according to thy ^{Wedn. Morn.} laws, but have walked in the Vanity of my own Heart, in Contempt of thy holy Word and Commandments; I have not loved thee, my God, with all my Heart, nor feared thee with all my Soul, nor served thee with all my might, nor loved my Neighbour as myself.

Lord be merciful unto me a Sinner.

I have been negligent in the Duties of Religion, indelicate in my prayers, forgetful of thy Mercies, and backward to comply with this dying Command of thine, *Do this in Remembrance of me.*

Lord be merciful unto me a Sinner.

I have provoked thy Wrath against me, by accustoming myself to do the Works of the Flesh, and rejecting the good Motions of thy good Spirit. Wo unto me, rebellious Wretch, that I have, from Time to Time, sinned most grievously against thee, so loving, so good, so gracious a God, to the utter Destruction of my Soul, without thy Mercies in Jesus Christ.

Lord be merciful unto me a Sinner.

D

I have

Wedn.
Morn

*W*in not depending on thee, my God, for a Supply of my Wants, neglecting to labour, and expecting I should be supported in Idleness, not looking upon thee, O God, for a Blessing on my honest Endeavours; not having an high Esteem of thee, my God, and not submitting obediently to thy Will.

Lord be merciful unto me a Sinner.

I have not, with due Care and Reverence, read thy holy Word, but I have followed the Poms and Vanities of this wicked World, and its sinful Customs, not calling myself daily to account for my Sins.

Lord be merciful unto me a Sinner.

O Lord, let me never add to that Heap of Sins which I stand guilty of; I am confounded at the Multitude of them, and the Remembrance of them is grievous unto me. Give me Grace, O Lord, to pass this Week, and the rest of my Life innocently, that neither in Thought, Word, or Deed, any Offence may pollute my Soul. I acknowledge, O Lord, that I am vile, but I trust in thy

for the Sacrament.

51

thy Mercy, as one redeemed with thy precious Blood. I have been dead in Trespasses and Sins, but thou art my Resurrection and my Life. Thou, O Lord, lovest to shew Mercy: Thou that sparedst thy Servant *Peter*, that denied thee thrice; thou that didst cast seven Devils out of *Mary Magdalen*, and didst not condemn the Woman taken in Adultery, and didst bear the penitent Thief upon the Cross to the Joys of Paradise, extend the like Mercy to me and save my Soul. My Sins are so great and many, that to forgive, will be an Act of glorious Mercy; let thy holy Spirit convert me from the Error of my Ways, and lead me into the Paths of Righteousness, to great Degrees of Repentance, and through all the Paths of a holy Life, to a Godly and Holy Death. Grant this, O blessed Jesus, for thy Mercies, and for thy Pity's Sake.

Wedn.
Morn.



Amen.

O Lord God, into thy Hands I commit my Body, Soul, and Spirit; my Thoughts, Words, and Works; all that I am, all that I have, desiring to be wholly thine, O my

Wedn.
Morn.

God, gracious and merciful, accept me in thy beloved Son, Jesus Christ in whom alone thou art well pleased and for his Sake let me not depart without a Blessing; a Blessing of Pardon and Peace, a Blessing of thy Spirit and of thy Grace, to come holy to thy Table; a Blessing of thy Favour and of thy Love in the Lord Jesus. Thus, Lord, say to me, thou hast blessed me, and that I shall be blessed for ever. *Amen, Amen.*

This Prayer may be used on Sacrament-Days, before the receiving the Holy Sacrament.

Wednesday's Meditations in the Evening.

Upon the most Holy Sacrament.

Wedn.
Even.

Consider that the Devil cannot endure the Use of this profitable Sacrament; for he knoweth how conducive it is to attain everlasting Blessedness, from whence he for his Pride fell; and he hateth the Sacrament, for in it is represented our Saviour's Passion, by virtue of which he is deprived of that Dominion which he would

for the Sacrament.

53

Wedn.
Even.

would exercise over us. And where-
 the Holy Sacrament is number'd
 among the greatest Benefits given to
 us of God in this Life, we cannot
 otherwise avoid the Sin of Ungrate-
 fulness, than by often commemora-
 ting those inestimable Benefits which
 we obtain through our Saviour's pre-
 cious Blood-shedding. *Do this in*
Remembrance of Me; Dear Jesus, I
 had been undone for ever, but for
 thee: For thee then, and for thy
 sake, what is it which I should not
 do? As if it were a Benefit to him,
 when we benefit ourselves. O Lord,
 what is it thou wouldst now have me
 do, for thy Desires are my Com-
 mands! There is Authority enough
 in thy Love for me to do what thou
 shalt please; speak, Lord, then, for
 thy Servant heareth; whatever thy
 Will is, that I will do.

Let us humbly beg of him, his
 mighty Grace, to confirm us in our
 good Resolutions, that so we may al-
 ways maintain in our Souls this Hope
 of his pardoning Love; for thou, O
 Lord, art ever forward to do us good,
 to bestow thy Blessings, to die for us,

Wedn.
Even.

when we desired it not, to institute this Feast, which we never expected to send thy Ministers to call us to it. Christ hath told us where he will dwell, *viz.* with him that is of contrite Spirit, and that trembleth at his Word; and we must not look for him in the Highways of Ambition and Pride, of Wealth and sensual Pleasures; these Things are not found in the House of his Father, neither may they come near his Dwelling.

But if we ask for Christ, we shall find him in the Methods of Virtue and Love, and in the Paths of God's Commandments; in the Houses of Prayer, and the Offices of Religion in the Persons of the Poor, and in the Retirements of an afflicted Soul. We shall find him in holy Reading and pious Meditations; in our penitential Sorrow, and in our Time of Trouble; ⁱⁿ and Pulpits, and upon Altars; in the Word, and in the Sacrament: If we come hither as we ought, we are sure to find our Beloved, him whom our Soul longeth after.

Sure enough Christ is here, let me
 take the Boldness now to ask some-
 thing of him. O do not deny me
 the Continuance of thine Almighty
 Grace. Take not thy Holy Spirit
 from me, but let it be my constant
 Companion, my Guide, my Helper,
 my Comforter for ever. Thou thy-
 self hast told us (in St. Luke xi. 13.)
that it shall be given to those who ask it ;
 and that because thou livest, we shall
 live also : O do not let me lose what
 thou hast done for me already, for
 want of doing something more ; per-
 fect that which con-
 cerneth me : *Forsake*
not the Work of thine
own Hands. Hold me up, and I shall
be safe ; and I will have Respect to thy
Statutes continually. Order my Steps in
thy Word, and let not any Iniquity have
Dominion over me : I intreat thy Fa-
vour with my whole Heart : Be merci-
ful to me according to thy Word.

Now repair unto the publick Service
 of the Church, if you have Oppor-
 tunity.

Wedn.
Even.*A Prayer for Wednesday Evening
before the Holy Sacrament.*

O Lord Jesus Christ, who in Memory of thy Agony and bloody Sweat, thy meritorious Cross and Passion, hast ordained a Sacrament in thy Church, to commemorate thee and convey and seal to our Souls the Benefits of thy blessed Body and Blood; let me have thy precious Death always in Remembrance, and prepare and put my Soul in Order when I come to thy Table, that thou mayest accept me at my Coming. O Lord, let me never more dare to think of preferring Satan and Sin before Christ and Heaven, so as to keep away from those thy great Mysteries and Mercies, because I am loth to part with any beloved Sin; when my Saviour calls, let not my greatest and my vilest Enemies prevail with me to keep away, but make me willing to part with the dearest Bosom Corruption, that I may partake of thy heavenly Benediction; let not any Blessings that thou hast bestowed upon us in earthly Things, make us forget the Dependence we have upon thee

for

for the Sacrament.

57

Wedn.
Even.

for them ; or the great Need we have
of thy heavenly Mercy ; and make us
always to esteem it our greatest Ho-
nour to honour and serve thee, and to
enjoy thy Favour : O let not my Sins,
though great and many, affright me
from thee, because I am unworthy
of thee ; but let the humble Sense
of them drive me to thee, because I
have Need of thee, who art the great
Physician of our Souls, whose Blood
is Balsam for the most deadly Wounds,
who hast both the Skill and Will to
cure, and to heal the most desperate
Diseases of those, that with penitent
Hearts seek unto thee for Recovery
and Relief ; let all my Wants drive
me unto thee for Supply ; who cal-
lest not those that are perfect or
righteous, but sayest, *Come unto me*
all ye that labour and are heavy laden,
and I will give you Rest. O Lord, I
deliver up myself absolutely to thy di-
vine Will, with all my Heart, desi-
ring and proposing to live in a stead-
fast Union and Conformity to thy
holy Commandments, and to have no
satisfaction but in a holy Conscience ;
no Pleasure but in Religion ; no Joy

Wedn.
Even.

but in God; and with Sincerity and Zeal, Heartiness and Ingenuity, follow after Righteousness, and the Things that belong unto my Peace, until I shall arrive at the Land of eternal Peace and Praise, where thou livest and reignest for ever, World without End. *Amen.*

Thursday's Meditations in the Morning.

Upon the most Holy Sacrament.

A Soliloquy.

Thurs.
Morn.

O Most good and gracious Jesus, thou, before thy bitter Sufferings and Passion, didst bequeath a most excellent good Thing unto thy Children, as a fatherly Legacy, *Take, eat, this is my Body, and drink ye all of this, for this is my Blood of the New Testament, which is shed for many, for the Remission of Sins.* St. Matt. xxvi. 26, 27, 28. O thou true Food of my Soul! Receive me, who am to communicate at thy Table, quicken me with thy Spirit, *strengthen me with thy Body, ransom me with thy Blood,* and let me receive Life from thee to act, and

for the Sacrament.

59

Thurs.
Morn.

and to live unto thee: O my Lord,
give me an Heart that I may think
on thee; a Mind that I may love
thee; a Soul that I may remember
thee; an Understanding to know thee;
and Reason always to stick fast unto
thee: Let me find thee, O my Heart's
Desire. Let me hold thee, whom
my Soul doth love. O Life, for
whom all Things live: O Life, which
givest me Life by which I live, with-
out which I die: O my Lord, do
thou live in my Heart by Faith, for
without thee I can do nothing. O
that I may distrust myself, and de-
pend on thee: O my dearest Lord,
be thou nigh in my Mind, nigh in
my Heart, and nigh to aid me; lest
mine Enemies, the World, the Flesh
and the Devil triumph over me. O
Lord, let me love thee, because thou
first didst love me; for he loveth thee
too little, who loveth any Thing be-
sides thee, except he loves it for thy
Sake: O may I henceforth despise
whatever is in this World, in Respect
of thy Sweetness, and the Glory of
thy House, which I have loved.
Where shall I get Words to express
the

A Week's Preparation

Thurs.
Morn.

the Tokens of thy singular great Love towards me? How can I worthily repeat thy infinite Benefits? Lord, I thankfully acknowledge the Benefit of Creation, when at the Beginning thou didst make me after thine own Image, placing Man above all those Creatures which thou hast made, and making him glorious with the Light of thy Countenance, distinguishing him both from insensible Things, and also from Brute Beasts, which have no Reason, and making him but a little lower than the Angels: O let me go to thy holy Table, and as soon as I have tasted the heavenly Banquet, say as *St. Peter, Master, it is good for us to be here; if thou wilt let us make here Tabernacles*, here let us abide still, and enjoy thy divine Presence, for we lack nothing now; it sufficeth us, Lord, that we thus *taste and see that Thou art gracious*; it sufficeth me to be satisfy'd with so unspeakable Sweetness! O blessed should I be, were I once admitted to behold thee in thy Kingdom of Glory: Who can shew me such a Favour? O Lord! vouchsafe me that Blessing, in thy own

good Time. I know, Lord, I know Thurs.
Morn.
and acknowledge, that I am unwor-
thy to enter under thy Roof; yet, for
the Honour of thy Name, accept
of thy Servant, which putteth his
Trust in thee; but how shall I enter
into thy Sanctuary to consider thy
Power, unless thou assist me? *Open
me the Gates of Righteousness that I
may enter into them, and give Thanks
unto the Lord.* O, that I may cry
after God, even the living God. That
I may watch for thee, more than they
that watch for the Morning, and that
my Soul may follow hard after thee:
O that the Words of thy Mouth may
be sweeter to me than the Honey, or
the Honey-comb; that I may delight
myself in thy Commandments, which
I have loved.

This may be used on Sacrament Days.

*Repair to the Prayers of the Church,
if you have Leisure and Opportu-
nity.*

A Prayer

Thurs.
Morn.

*A Prayer on Thursday Morning, by
way of Preparation to the Sacra-
ment.*

O Most holy God and heavenly Father, who by the immortal Seed of thy Word, hath begotten us to by thy Children, and with the same (as with Milk) dost nourish us as new-born Babes, and also with divine Mysteries of thy holy Sacrament doth confirm and strengthen us in Faith and Righteousness, and having so adopted us into thy Family, continually feedest and nourishest us unto eternal Life: How shall I sufficiently praise my God, or love and serve my Lord, who delivered me from the Pit of Destruction when I deserved to perish eternally? For I have been proud and covetous, hating wise Counsels, and have soon grown weary of the Offices of a Holy Religion. I cannot give an Account how I have spent my Time: Alas! I am so vile that I cannot express it. I have been so ungrateful, so foolish, so unreasonable, that I have turned a deaf Ear to the Voice of Conscience speaking within me, that I might
with

for the Sacrament.

63

Thurs.
Morn.

with Confidence, and without Fear, sin against so good a God, and so gracious a Father; I confess to thee, O God, what thou knowest already: But I confess it to manifest thy Justice, and to glorify thy Mercy, who hast spared me so long: Thou hast concluded all under Sin, that thou mightest have Mercy upon all: Look upon me, O God, and have Pity on me lying in my Blood and Misery, my Shame, and in my Sins, in the Shadow of Death, and in the Gates of Hell. But yet, O God, thou art the Healer of our Breaches, and I will not despair, because thou desirest not the Death of a Sinner, and thy Goodness is infinite. O let the Cry of thy Son's Blood, who once offered up himself without Spot to thee, speak on my Behalf, and speak better Things than the Blood of *Abel*; let me love and serve thee uprightly and in godly Sincerity, for thy infinite Love in Jesus Christ our Lord. *Amen.*

Thursday's

Thursday's Meditations in the Morning.

Upon the most Holy Sacrament.

Thurs.
Even.

NOW before the Feast of the Pass-
over, when Jesus knew that his
Hour was come, that he
St. John xiii. 2. should depart out of this
World unto the Father, having loved his
own which were in the World, he loved
them unto the End. And Supper being
ended, (the Devil having now put into
the Heart of Judas Iscariot, Simon's
Son, to betray him) Jesus knowing that
the Father had given all Things into his
Hands, and that he was come from God,
and went to God, he riseth from Sup-
per, and laid aside his Garments, and
took a Towel, and girded himself. After
that he poureth Water into a Bason, and
began to wash the Disciples Feet, and
to wipe them with the Towel, where-
with he was girded. Teaching us
hereby to exercise the Works of Hu-
mility and Charity in our own Per-
sons, rejoicing more to do them our-
selves, than to command them to be
done by others, and performing every
humble

humbly Work without Vanity or Boasting. Thurs.
Even.

Let us consider that which passed between Christ our Lord and *Peter*, when he came to wash his Feet; *Peter* standing astonished at the Humility of his Lord and Master, said, *Lord dost thou wash my Feet?* In which Words are discovered a lively Faith of the Excellency of Christ our Lord, and of his own Baseness, and of the Meanness of that Office in vulgar Account, which our condescending Master was then employ'd in. The Holy Jesus lays aside State and Majesty, that he may serve his Servants with those Hands which gave Sight to the Blind, Health to the Sick, and Life to the Dead. I (Lord) ought to serve thee, and to wash thy Feet, nor do I esteem myself worthy to do this Work. And wilt thou wash my Feet? Hence will I learn to think highly of Jesus Christ, and very basely of myself; I will draw Acts of Admiration, of Thanksgiving and Imitation, from this lowly, this most humble Behaviour.

O most

Thurs.
Morn.

~ O most good and gracious Jesus thou coming to the Garden of Olives began'st to be fore amazed and very heavy; whereupon thou said'st to thy Disciples, *My Soul is sorrowful, unto Death; and he was withdrawn from them about a Stone's Cast, and kneeling down and praying, said, Father, if it be possible, let this Cup pass from me, nevertheless, not my Will but thine be done.*

Whence is this, that in a cold Night my Lord is sweating in the open Air? What Sweat is this which flows in such Abundance from his blessed Body, so that it runs and trickles down to the Ground, like Drops or Clods of Blood? Whence is it? We may soon know; it is our Sin causeth this Bloodshed; our Guilt this Sweat: *Adam* sinned in a Garden, *Christ* there sweat for it, to deliver us from more exquisite Torments. He suffers this Agony and bloody Sweat for a Time, that we should not endure the Pains of Hell for ever; he did thus sweat for another's Guilt, and shall I not weep and lament for my own? If instead of

the

fo: the Sacrament.

67

Thurs.
Even.

the Pains of Repentance, I take Pleasure in Sin, will not this turn to my exceeding great Loss? Yes; but for my Comfort, if I be contrite and sorrowful for my Sins, I may escape thy Wrath to come; and may hope, by the Virtue of this Agony of Jesus Christ, to be delivered from the bitter Pains of eternal Death.

Let us dwell in Love, and we shall be happy; for see how our Lord would engage thee, O my Soul, by these Bonds in which thou art going to tie thyself, to love the Lord thy God with all thy Heart, and thy Neighbour as thyself. Let us go then and wait upon him, and shew him the Love that we bear unto him; be not discouraged, *for when the Wicked forsakes his Way, and the unrighteous Man his Thoughts, he himself hath said, that he will have Mercy upon him, and our gracious God will abundantly pardon.* Let us give him Thanks, even for this good Mind, which he hath put into us, and for all the Hope we have, that he will continue us in it to eternal Life.

Now

Thurs. *Now repair unto the publick Service of*
Even. *the Church, if you have Opportunity.*

*A Soliloquy, or preparatory Prayer on
Thursday Evening, before the Holy
Sacrament.*

O Blessed Jesus, what shall I render unto thee, for the Favours which thou hast done me! Grant me thy Meekness and loving Gentleness, to the End that I may find Grace before thee. The Prayer of the Humble and Meek hath always pleased thee. Command me (Lord) what thou wilt, helping me with thy Grace duly to accomplish what thou commandest. O Saviour of the World, I confess that I am foul and defiled with innumerable Sins, from which I cannot wash myself; for to sin was mine, but to pardon them is thine; wherefore once more wash me from mine Iniquity, and cleanse me from my Sin; that I may come holy to thy Table, to the End I may have Fellowship with thee, and never lose thy Friendship. And since thou (Lord) didst desire so much to eat the Last Supper

for the Sacrament.

69

Supper with thy Disciples, I also desire earnestly to eat the same with thee. O King of Heaven, who standest at the Door of our Hearts knocking, desiring vehemently that thy Voice may be heard, and that the Gate of our Hearts may be opened; that entering into us, thou may'st sup with us, and we with thee, be favourable unto me. Come, Lord, into my House, for my Heart is ready, my Heart is ready to receive thee. My Soul thirsteth for thee, O Jesus; O that I may taste the Joy that I so desire! O that I were satisfied with thy Likeness, in all Holiness and Virtue! for this I do hunger and thirst; that where thou art, there I may be also, beholding thy Face in Glory, O Blessed Saviour and Redeemer Jesus. *Amen.*

Thurs.
Even.

Friday's Meditations in the Morning.

Upon the Passion of Jesus Christ.

I Will consider the Innocency of our Lord Jesus Christ, who suffered for our Sins, who was most Innocent without

Friday
Morn.

Friday
Morn.

without Spot of Sin ; most Holy, full
 of all Graces and Virtues ; most Wise
 and most Discreet, in whom were
 contained the Spiritual Treasures of
 the Wisdom of God, and of his Di-
 vine Spirit. Thou, O most benefi-
 cent Saviour, didst spend thy whole
 Life in doing of Good (as thy Apostle
 saith) and healing all such as were
 oppressed with the Devil : Thou
 didst give Sight to the Blind ; cleansedst
 the Leper ; curedst the Sick, and
 raisedst the Dead, and didst open unto
 us the Gates of Heaven. O the in-
 finite Charity of our Lord, in giving
 himself a Ransom for all ! He is my
 Master, my Physician, my Redeemer,
 my Benefactor, Preserver of my Soul,
 my God, and my all in all. Thou
 a little before thy Passion, didst make
 thyself my Meat and my Drink : O
 may thy Body which was given for
 me, and thy Blood which was shed
 for me, preserve my Body and Soul
 unto everlasting Life !

A Soliloquy.

O Most bountiful Redeemer, how
 well dost thou pay our Debts
 with thine own Pains ! O that I could
 find

and out, and comprehend the Length
and Breadth, the Heighth and the
Depth of the Charity of Jesus! O most
sweet and loving Lord, whom I now
desire to receive with all Devotion,
thou knowest my Infirmary, and the
Necessity which I endure, with how
many Sins and Evils I am oppress'd,
how often am I grieved, tempted,
troubled and defiled. I come unto
thee for Remedy, I crave of thee
Comfort and Succour. Thy Love
were sufficient to mollify a Heart
more frozen than Ice itself, and more
hard than any Marble.

LET us now summon together all
the Powers of our Souls, and ap-
proach the Table of the Lord with
the most devout Affections. Let us con-
sider with ourselves that our Sins have
been the Cause of Christ's Sufferings.
The *Jews* cried out, *Crucify him,*
Crucify him; such was the Greatness
of their Malice, that (if possible)
they would have had him twice cru-
cified; but yet, is not their Desire too
unhappily fulfilled in us? They cru-
cifying him once with their Hands,
and we, even we, crucifying him often
by

Friday
Morn.

by our Sins. Who art thou then that comest to Christ without Floods of Tears, when he comes to us in Streams of Blood? Who can meditate on his wounded Body, without a wounded Soul? or view his pierced Side without a pierced Heart? In this our Saviour requires our Devotion, bespeaking us, as well as the Daughters of Jerusalem; *Weep not for me, but for yourselves; Weep not for me, or my sufferings, in a fruitless Compassion; but weep for yourselves and your Sins in a hearty Contrition.* O let your Hearts be raised by Faith, that so whatsoever is your Affliction and Pain, ye may find a healing Virtue in my Blood; that so, for every sinful Distemper, ye may receive an healing Virtue from me; having Remission of Sins and Peace of Conscience confirmed unto your Souls, by this blessed Sacrament, which is a Seal of Grace, and a sure Pledge of Glory.

Now repair to the publick Service of the Church, if you have Opportunity.

A Con

A Confession of Sins out of the Holy Bible, for Friday Morning. Friday
Morn.

I Confess, O Lord,

That I was shapen in Wicked-
ness, and in Sin did my Mother con-
ceive me, *Psal. li. 5.*

That my Heart is rebellious, like
deceitful Bow, *Hos. vii. 16.*

That I am a Person of unclean
lips, *Is. vi. 5.*

That my Tongue hath devised
Mischiefs, *Psal. lii. 2.*

That mine Eyes are evil, prone to
lust and vain Desires, *St. Mark vii.*
2.

That my Members have been In-
struments unto Sin, *Rom. vi. 19.*

That my Feet are swift to Evil,
Rom. iii. 15.

I have sinned against thee, O Lord,
and in thy Sight, not fearing thy Ma-
jesty.

My Sins, O Lord,

are great and very grie-
vous, therefore Fearful-

ness and Trembling are come upon
me.

Isa. lviii. 8.

Psal. xxv. 11.

E

They

Friday
Morn.

They are a Burden too heavy for me to bear; they are more in Number than the Hairs of my Head, and my Heart hath failed me.

I feel the sad Effects of my Foolishness; for what Fruit have I in those Things whereof I am now ashamed.
Rom. vi. 21.

My Days are consumed in Vanity and my Years in Trouble.

And now there is no Health in my Flesh, because of thy Displeasure; neither is there any Rest in my Bones, by Reason of my Sin.

And what shall I now say, wherein shall I open my Mouth?

What shall I answer, seeing I have done these Things?

Out of the Deep do I call unto thee, O Lord; Lord hear my Voice.
Psal. cxxx.

If thou, Lord, should'st be extreme to mark what is done amiss, O Lord, who may abide it?

Enter not into Judgment with thy Servant, O Lord, for in thy Sight shall no Man living be justified.

Behold, O Lord, though I have sinned, yet I humble myself under

for the Sacrament.

75

thy mighty Hand; I am thine, O ^{Friday} ^{Morn.}
have me!

Spare the humble and contrite Sinner, for behold I judge myself.

O taste and see how gracious the Lord is; blessed is the Man that trusteth in him.

For thy Mercies, O Lord, are sweet, comfortable, yea, better than Life itself.

Come unto me all ye that labour and are heavy laden, and I will give you Rest.

I come not to judge the World, but to save it.

Wherefore in the Multitude of the sorrows that are in my Heart, thy comforts, O Lord, do refresh my soul.

Henceforth we will come boldly to the Throne of Grace, that we may obtain Mercy, and find Grace to help in Time of Need.

When my Flesh and my Heart faileth, God shall be the Strength of my Heart and my Portion for ever.

O Lord, be thou so to me, for ever.
men.

Friday
Morn.

A Prayer for Friday Morning, of Confession of Sins to God, before the Holy Sacrament.

O Most glorious and holy Lord God, who art the Searcher of Hearts and Trier of the Reins, behold I prostrate myself, with all Humility, before thy divine Majesty. O cast me not away from thy Presence. I am polluted and become loathsome in thy Sight, through mine own Cor-

** Here name your particular Sins.*

ruptions; O thou great and glorious, O thou just and righteous Judge, I do here prostrate myself at the Bar of thy Justice, not knowing what to answer thee; my Conscience witnesseth against me, and thy Law condemns me: Who! Oh, who shall plead for me? Oh! Wilt not thou Blessed Jesus, my Surety, my Saviour, wilt not thou undertake my Cause, who art my Advocate? Wilt not thou procure my Pardon, who art my Mediator? O Blessed Jesus! Be now merciful to Jesus: And seeing thou art able to save unto the uttermost all them that repent, them truly of their former Sins, and

cast themselves upon thy Mercy; O
save thou me, or else I perish. And
that I may truly please thee, O plant
in my Heart Gentleness and Patience,
a meek and long-suffering Spirit, that
I may never be transported with An-
ger; never be disorder'd by Peevish-
ness; never indulge Thoughts of Re-
venge: But may with Meekness re-
ceive all Injuries that shall be done to
me, and patiently bear every cross
Accident, and with Charity return
Blessing for Cursing; Good for Evil;
kind Words for foul Reproaches;
that living all my Days with Meek-
ness and Charity, keeping Peace with
all Men, and loving my Neighbour
as myself; and thee, O sweet Jesus,
more than myself, and more than all
the World; I may at last come to
the Regions of Peace and eternal Cha-
rity, where thou livest, who lovest all
Men, and wouldst have none to pe-
rish, but all Men to be saved through
thee, O most merciful Saviour and
Redeemer Jesus. *Amen.*



A Week's Preparation

A Prayer out of the Psalms.

O Great and glorious Lord God
 King of Glory, who dost ac-
 knowledge him to be a blessed Man
 that abhorreth the Way of Sinners
 and doth meditate in thy Law Day
 and Night; teach thou me to hate
 the Conversation of the Wicked, and
 to study thy Precepts; and seeing that
 with all Humility of Heart I do call
 unto thee with my Voice, hear me
 have Mercy upon me, and hearken
 unto my Prayer. Keep me as the
 Apple of an Eye; hide me under the
 Shadow of thy Wings; cleanse me
 from my secret Faults, and keep thy
 Servant from presumptuous Sins. O
 remember not the Sins of my Youth
 but deal graciously with thy poor Ser-
 vant. Forgive the Offence of thy
 Servant, and cover all my Sins: Let
 thy merciful Kindness, O Lord, be
 upon me, like as I do put my Trust
 in thee. Deliver me out of all my
 Fears, and say unto my Soul, I am
 thy Salvation. Thou art the God of
 my Strength; let not my Steps go out
 of thy Paths, but so order my Steps

thy Word, that I may evermore
love Righteousness, and hate Iniquity.
Teach me, O Lord, the Way of thy
statutes, and I shall keep them unto
the End; give me Understanding, and
I shall keep thy Law; yea, I shall
observe it with my whole Heart;
make me to go in the Path of thy
Commandments; for therein do I de-
light. *Amen.*

A Prayer;

O Blessed Jesus, the Lord of Life,
Prince of Glory, and Captain
of our Salvation, who hast vanquish'd
Satan, and all the Powers of Dark-
ness; O give Victory to my languish-
ing Soul in her Spiritual Conflict;
Guide me with thy Counsel, sustain
me with thy Grace, refresh me with
thy Comforts, preserve me in thy
Love, and crown me with thy Glory.
O Jesus, grant, I beseech thee, that
as long as I am in the Darkness of
this misty Desert, the Eyes of my
Mind may, with devout *Stephen*, be
often fixed upon Heaven, and con-
template the most shining Light and
Brightness of thee, O God, and that
I may

Friday I may always praise thee for ever and
Morn. ever. Amen.

Friday's Meditations in the Evening.

Upon the Passion of Jesus Christ.

Friday
Even.

THIS is one of the highest Exercises of a Christian, to meditate often upon the Holy Passion of our Saviour, and endeavour ourselves to imitate some Part of that which there represented unto us: For it is manifest that all the Perfection of a Christian's Life, consisteth in Imitating, and following the Example of our Saviour Christ. Whereto the Apostle St. Peter exhorteth us, saying, Christ suffered for us, leaving us an Example that we should follow his Footsteps; who when he was evil spoken of, did not speak Evil again; and when he was tormented, did not threaten his Tormentors, but delivered himself unto him that did most unjustly condemn him; he suffered his bitter Pains without any Mixture of Ease or Consolation:

tion:

and consolation: He was deprived of all Manner of Ease or Consolation that might come unto him, either from Heaven or from Earth; insomuch that he was forsaken, not only of his Disciples and Friends, but also of his heavenly Father. This is that Forsaking, which our Saviour signified upon the Cross, when he said, *My God, my God, why hast thou forsaken me?* For, (as concerning the Bond of Union) the divine Nature in our Lord never forsook the human, to which it had been united from all Eternity; yet, as touching the Consolation and Ease of our Saviour's Pain and Torments, it did wholly forsake the same. We read that the Martyrs, when they went to suffer Death, shew'd themselves very courageous and joyful; but our Saviour, though the very Fountain of all Grace and Strength (tho' whose Virtue the Martyrs had such Strength and Courage as to be able to do what they did) trembled and sweat even Drops of Blood when he went to suffer Pains and Torments for us. The Light and Joy of God's Countenance caused the Martyrs to triumph

Friday
Even.

and be glad; but from our Saviour
 ~ Christ all Consolations were with-
 drawn at that Hour, that so he might
 drink the Cup of his Father's Wrath,
 pure, and without Mixture of any
 Manner of Ease or Consolation.

Consider moreover, the profound
 Humility, wherewith the most high
 and only begotten Son of God vouch-
 safed to be contemned, and less esteem-
 ed than *Barabbas*; and to be crucified
 upon a Cross between two Thieves,
 as though he had been a Captain and
 Ringleader of Malefactors.

Consider his wonderful Patience in
 the Midst of so many reproachful In-
 juries and Torments, and withal, his
 great Magnanimity, in that he offer'd
 himself so willingly into the Hands of
 his Enemies, and suffered the greatest
 Pains and Conflicts that ever were
 suffer'd in the World.

Consider his most fervent Charity,
 which passeth all Understanding, by
 the which he was moved to offer
 himself a Sacrifice for the Sins of the
 World; and to suffer Death, that he
 might give Life, not only to his
 Friends, but also to his Enemies,

even

for the Sacrament.

83

Friday
Even.

even to those very Persons that shed
his most precious Blood.

Consider his most abundant Mercy,
which extendeth itself so far forth, as
to take upon him all the Miseries and
Debts of the World, and to make
Satisfaction for them, as if they had
been particularly his own Debts.

Consider that most perfect Obe-
dience which he shewed towards his
Father, whom he obey'd unto Death,
even the Death of the Cross; where,
finally bowing his Head, he offered
up unto him his most holy Soul,
giving us thereby to understand, that
the Work of his Obedience was then
perfectly fulfilled. Let us, in all pos-
sible Instances, do as our Saviour him-
self commanded us, St. *John* xiii. 15.
I have given you an Example, that as I
have done, so should ye do likewise.

O Lord Jesus receive my Spirit; O
thou, who art the Re-
urrection and the Life,

Out of the Bible

receive my Soul. O Light of mine
Eyes, enlighten me with saving Truth;
O God of all Comfort, rejoice my
Heart. O Word of the Father, in-
struct me in saving Knowledge. O

Light

Friday
Even.

Light eternal, shine thou upon my Mind, that I may understand thee know thee, and love thee.

Now repair unto the publick Service of the Church, if you have Opportunity.

Devout Meditations upon the Life and Passion of our Saviour Jesus Christ for Friday Evening.

Kneeling say,

O Sweet Jesus, Praise, Honour and Glory be to thee, who, for my Sake, didst vouchsafe to come down from the Bosom of thy Father, into this Vale of Misery, and to be conceived by the Holy Ghost, and to be born of the Virgin Mary.

Chuse, I beseech thee, my Heart for thy Dwelling Place; adorn it, replenish it with Spiritual Gifts, and wholly possess it.

O that I were so devoted unto thee that I might never alienate my Affections, or turn away my Mind from thee! I adore thee, most dear Redeemer, who, being born in the Depth of Winter, didst not refuse to

for the Sacrament.

83

Friday
Evening

be wrapp'd in swaddling Cloaths, and
to be laid in a Manger.

Grant, O Lord, that I may always
stand in thy Sight, truly humble, and
truly poor in Spirit.

O blessed Jesus, who didst suffer
thyself, upon the eighth Day, like
other Children, to be circumcised,
and being yet an Infant, to shed thy
precious Blood :

And, for our singular Comfort,
wouldst be called Jesus, which signi-
fieth a Saviour :

O that it would please thee to ad-
mit me (being circumcised from all
bad Thoughts, Words, and Works)
into the Number of thy Children.

O sweet Jesus, whom the wise
Men, with a devout Seeking, found
by the Direction of a Star, and having
found, fell down and worshipped;
offering unto thee Gifts of Gold,
Frankincense and Myrrh :

Grant that I may offer daily unto
thee, the Gold of bright-shining Cha-
rity ; the Frankincense of sweet-smel-
ling Devotion, and the Myrrh of re-
ligious Mortification.

O Holy

Friday
Even.

wouldst be subject to the Law, and to give us an Example of Humility, would be carried to the Temple by thy Mother, and be redeemed with an Offering ordained for such as were poor :

Where just *Simeon* and *Anna* the Prophetess, rejoicing greatly at thy Presence, gave very glorious Testimonies of thy Dignity :

Mercifully grant that all Pride and Vain-glory may decay and die in me, and that I may walk before thee in all Lowliness and Humbleness of Mind, all the Days of my Life. *Amen.*
Amen.

Meditations upon the Life and Passion of our Saviour Jesus Christ, continued.

O Jesus! Praise, Honour and Glory be to thee, who staying in the Temple for the Space of three Days, with great Grief and Care of Heart, wast sought after by thy holy Mother, and at length, with great Joy, found by her, sitting in the Midst of the Doctors, both hearing them, and asking them Questions :

Be

Be pleased to impart thyself to me in such Sort, that I may never be separated from thee, nor ever deprived of thy Comfort.

O Lord, who didst not disdain to be baptized by thy Servant *John* the Baptist in the River *Jordan* :

Who likewise for our Sakes, abiding amongst wild Beasts in the Deserts, and fasting forty Days and forty Nights, and persevering in Prayer, didst permit thyself to be tempted by Satan :

And overcoming him, wast honoured with the Ministry and Service of Angels :

Give me Grace constantly to persevere in Prayer, and let no Temptation, I beseech thee, defile me, but rather let Temptations purge me, and join and unite me unto thee, that I may cleave to thee alone.

Grant that I may embrace all Men with chearful Love and Charity, and readily forgive those that offend me.

O sweet Jesus, who coming to *Jerusalem* in a meek and gentle Manner, didst ride upon an Ass, and, amidst the Praises which were sung by the People that

Friday
Even.

that came to meet thee, didst pour forth Tears, bewailing the approaching Ruin of the City, and Destruction of those ungrateful Souls that dwelt therein:

Grant that I may never prefer any Thing before thee.

O blessed Jesus, who, according to the Law, didst eat the Paschal Lamb with thy Disciples and giving them an Example of Humility and Charity, kneeling upon the Ground, didst wash their Feet, and having washed them, didst wipe them with the Towel wherewith thou wast girded:

O may thy Divine Example pierce my Heart, and utterly cast down in me all Pride and Loftiness.

O Jesus, who with an unspeakable Charity didst institute the Sacrament of thy Body and Blood:

Grant that when I approach that Table of Life, I may, with a chaste Affection, singular Humility and Purity of Heart, receive thee.

Grant that thy Word may be truly pleasing to me, and sweeter than the Honey and the Honey-Comb to my Soul.

O Jesus,

O Jesus, who going forth with thy Disciples beyond the River *Cedron*, didst enter into a Garden, where thou forefawest thou shouldst be taken:

Give me Grace to forsake my own Will, and always love and follow thine!

O Jesus, who immediately before thy Passion, didst begin to fear, to grieve, and to be sad, taking upon thyself our Weakness:

O Jesus, who falling upon the Ground, didst pray unto thy Father, and humbly offeredst up thyself wholly unto him, saying, *Father, thy Will be done*:

Grant that I may, with a quiet Mind, receive all Things as from thy Hand, and find Help and Assistance from thee.

O Jesus, who didst not refuse a Kiss to the Traitor *Judas*, coming deceitfully to betray thee:

Shewing, by the Calmness of thy Countenance, and Sweetness of thy Words, all imaginable Meekness:

Grant I may shew myself loving and mild to all mine Enemies,

And

A Week's Preparation

And pardon them from my Heart
howsoever they shall offend me.

O Jesus, who didst permit thine
Enemies most furiously to lay their
sacrilegious Hands upon thee: And
being cruelly bound by them, didst
not revenge, but mildly endure their
Reproaches, Blasphemies, and Inju-
ries, wherewith they did most wick-
edly affront thee:

Who didst restore and heal the Ear
of *Malchus*, one of thy furious Perse-
cutors.

That rendering Good for Evil, the
Riches of thy Mercy, and Mildness,
might shine forth to us:

Grant, I beseech thee, that the
Desire of Revenge may never have
Place in my Heart.

O that thou wouldst bestow upon
me the Grace of true Patience. *Amen.*

*Meditations upon the Life and Passion of
our Saviour Jesus Christ, continued.*

O Jesus! who didst suffer thyself
to be bound as a Malefactor,
mercifully grant that thy incomparable
Meekness may shine forth in me to
my Good, and thy everlasting Glory.

O blessed

for the Sacrament.

91

Friday
Even.

O blessed Jesus, who by the wicked Jews wast proclaimed guilty of Death; and without Cause condemned to be crucified,

That by thy unjust Condemnation, thou mightest deliver us from the Guilt of our Sins, wherewith we were justly attainted;

Grant that I may imitate thy Meekness and Patience.

O meek Jesus, who being stripped naked in the Palace, and bound to a Pillar, didst suffer thy tender and immaculate Flesh to be rent with most cruel Scourges, that by thy Stripes thou mightest heal our Wounds:

Grant that I may now patiently suffer the Scourges of thy fatherly Correction.

Thy Enemies cloathed thee, the King of Glory, with a Purple Garment, for the greater Affront.

They fastened upon thy Divine Head a Crown of Thorns.

They put into thy Hand a Scepter of Reed, and kneeling down in a scornful Manner, saluted thee, saying *Hail King of the Jews.*

Plant,

Friday
Even.

Plant, I beseech thee, in my Heart,
the Memory of thy Passion.

O Jesus, who notwithstanding thou wast declared innocent by *Pilate* the Judge, nevertheless was content to hear the furious Outcries of the *Jews* by which they demanded that thou shouldst be crucified :

O Prince of Peace ! who, being led out with two Thieves, didst carry the Cross with great Pain upon thy sacred Shoulders, and didst not refuse to be driven by a rude Multitude, to be urged and hastened onward to Mount Calvary :

And being weary and faint, didst languish under thy Burden :

Give me Tears of devout Compunction, and of Holy Love, which may melt my hard Heart, and make it grateful unto thee.

Grant that with fervent Devotion I may embrace all Crosses ; and may humbly follow thee unto Death.

O Jesu ! who having thy Shoulders bruised with the Weight of thy Cross, didst at length arrive weary at the Place of Execution :

Where

for the Sacrament.

93

Friday
Even.



Where Wine mingled with Gall,
was offered thee to drink :

Where thou wast cruelly stretch'd
out upon the Wood of the Cross, and
fastened with Nails to the same :

Grant, O Lord, that with a devout
and grateful Mind, I may consider
this thine unspeakable Charity, with
which of thine own Accord thou
didst stretch forth thine Arms, and
willingly offeredst thine Hands and
Feet to be pierced.

O Jesus, who didst hang (thy
Hands and Feet being pierced) several
Hours upon the shameful Cross, and
shedding thy precious Blood, didst en-
dure unspeakable Torments through-
out thy whole Body :

O Jesus, who wast so kind, even
to thy bitterest Enemies, that thou
didst pray unto thy Father for them,
saying, *Father forgive them, for they
know not what they do :*

Give me, I beseech thee, the Grace
of true Meekness and Patience, by
which I may, according to thy Com-
mandment and Example, love and
pray for my bitterest Enemies.

O Jesus,

Friday
Even.

O Jesus, who didst embrace Death and recommending thyself to thy Heavenly Father, and bowing down thy venerable Head, yieldedst up thy Ghost :

Prepare me, I beseech thee, for the Hour of Death.

Thou, O dearest Saviour, by laying down thy Life for thy Sheep, hast shewed thyself to be a good Shepherd :

Thou didst die, O thou only begotten Son of God ! Thou diedst, O my beloved Saviour, that I might live forever !

O how great Hope, how great Confidence may every devout Soul now repose in thy Death, and in thy Blood !

I glorify and praise thy Holy Name, acknowledging my infinite Obligations to thee.

O sweet Jesus, who being with great Lamentation of thy Friends taken down from the Cross, wast anointed with precious Ointments, wrapt in fine Linen, and buried in a new Tomb : Grant that I may pass through the Grave and Gate of Death to my joyful Resurrection.

O Je-

O Jesus, Praise, Honour, and Glory,
be to thee, who, forty Days after thy
Resurrection, didst gloriously ascend
into Heaven in the Sight of thy Disci-
ples, where thou sittest at the Right
Hand of the Father, blessed for ever.

Grant that I may in Heart and
Mind thither ascend, and with thee
continually dwell.

O may I seek, and favour those
Things which are above, and not
the Things which are here upon
Earth.

O my most merciful Lorc' God,
grant that I may so innocently pass
the Course of this miserable Life,

That when my Soul departs out of
the Prison of my Body, I may be ad-
mitted into thy Presence,

And be received into thy everlast-
ing Joy ;

And with all the Saints bless and
praise thee for ever. *Amen.*

*A Prayer before the Holy Sacrament,
for Friday Evening.*

O Holy Jesus, I adore thy Mer-
cies, and thy incomparable Love,
who

Friday
Even.

who for our Sakes didst suffer such inexpressible Tortures, which cannot be remembered without the deepest Sorrow and Compassion: Pity me, O Lord pity thy sorrowful Servant, turn thy merciful Eyes towards me, O most merciful Redeemer; for my Sins are great, and I am full of Sorrow and Shame, and feel the Burden of them which is too heavy for me to bear. O gracious Lord, who hast done so much for me, to purchase me Blessings on Earth, and an Inheritance in Heaven, speak the Word only, and thy Servant shall be whole; let thy Wounds heal me, thy Virtues amend me, thy Death quicken me; and now that I am preparing my Soul to come to thy Table, grant that I may have a sweet Remembrance of thy Love, to encourage my Hope, to excite me to my Duty, and to give me an humble Confidence to look up unto thee for thy Pardon, and for the Grace of thy Holy Spirit, to enable me to please thee better hereafter. Multiply thy Blessings upon me sweetest Jesus, increase in me true Religion, sincere and fervent Devotion

for the Sacrament.

97

in my Prayers and Patience in Troubles, Friday
Even.
and grant me whatsoever is necessary
to my Soul's Health, or conducive to
thy Glory, that I may never more
give unto myself, or to the World,
but to thee only; but, by the Re-
freshments of an holy Hope, be led
through the Paths of this mortal Life
to the Possession of thy Kingdom, O
Blessed Jesus, who livest and reignest
ever one God, World without End.
Amen.

Saturday's Meditations in the Morning.

Upon the most Holy Sacrament.

WHAT a deal of Cost and Satur.
Morn.
Pains do we bestow upon
these wretched Bodies of ours, only
to make them pleasing and lovely in
the Eye of some Beholders, as mis-
erable, perhaps, as ourselves: And
yet, when we have done all, we may
appear contemptible in those Eyes
from whom we desir'd most Appro-
bation. Whatever becomes of the
outward Man, let it be my Care,
F b'essed

Satur.
Morn

W blessed Lord, that my Soul be cloath
ed with thy Righteousness, and that
I may come Holy to thy Table, for
shall I be sure to be safe, rich, and
amiable here, and glorious for ever
hereafter.

Learn of me, for I am meek and lowly in Heart; and ye shall find Rest unto your Souls, St. Matth. xi. 29.
O heavenly Master and Pattern, how am I astonished, when I consider thy Humility, thy Poverty, thy Meekness, thy Resignation, in the Midst of Injuries, Oppression and Wrongs! It must be thy Almighty Grace which must enable me to follow thy Example, and submit to this Way of Peace to which our Nature is so averse: For this Grace I now pray through thy Merits and Mediation, Jesus. *Amen.*

Blessed God, how great was our Misery? how great was thy Mercy when nothing could save us from Ruin but the Death of thy Son! I feel by this, how hateful Sin is to thee, make it so to me I beseech thee.— May I never flatter myself that thy Mercy will save me, if I continue

for the Sacrament.

99

Satur.
Morn.

Sin, when thou sparedst not thine
own Son, when he put himself in
the Place of Sinners! May I never
provoke thy Justice! may I never for-
get thy Mercies, and what thy Son
has done for me!

Blessed art thou, O my most merci-
ful and loving Lord; all the Angels
praise thee, O God, for evermore.

Now when the Solemnity of the
Holy Eucharist is celebrated, it is a
day when the Sons of God come to
present themselves before the Lord,
and we may be sure Satan will also
come among them, not only to ac-
cuse every unworthy Receiver, but
even to tempt the worthiest that re-
ceive; tempt him with wandering and
worldly Thoughts, with flat and dull
affections; yea, it may be, with spi-
ritual Pride, with formal Hypocrisy,
impure Imaginations: Now that
we be not ensnared by Satan's Devices,
! I must strive to keep our Souls
fixed and intent upon Christ in the
offerings of his Passion; we must
contemplate the Power of his Resur-
rection, the Glory of his Ascension,
and the Benefits of his Intercession:

A Week's Preparation

Satur.
Morn.

For as often as I think of the Lord's Passion, I perceive the Love of God, and the Forgiveness of my Sins. He bowed down his Head to kiss me: He stretched forth his Arms to embrace me: He shed his most precious Blood for my Redemption: He is lifted up from the Earth, that he may draw all Men unto him. O my Lord draw me to thy Table, that I may admire and love thee, let me go with the forwardest Affection to testify how much I value thy Kindness, to profess the Sincerity of my Faith to thee, and my most dutiful Love unto thee; and I will render to thee, O Lord, my most hearty Thanks, that thou wilt admit me to that Honour; I will hope in God and praise him, who is the Health of my Countenance, and my God: Blessed be God, who hath not cast out my Prayer, nor turned his Mercy from me.

Repair unto the Prayers of the Church

A Prayer

*A Prayer on Saturday Morning, to
Jesus Christ, for our due Receiving
of the Holy Sacrament.*

O All-sufficient Saviour, teach me, Satur.
Morn.
by thy great and good Ex-
ample, to practise Obedience and Sub-
mission to thy Divine Will and Plea-
sure: I humbly beseech thee, so to
prepare my Soul for the due receiving
of the Holy Sacrament, that I may
thereby obtain Remission of my Sins,
and all other Benefits of thy Passion.
Pardon, O Lord, pardon my Unpre-
paredness to come to so Holy and Di-
vine an Ordinance. O may thy Word
and Sacrament always so influence and
dispose my Heart, that I may thereby
be sanctified and renewed unto all
Holy Obedience to thy Will, mortify-
ing my sinful Corruptions, and be-
ing renewed in thy Image, in Holi-
ness, Righteousness, Sobriety, Truth,
Knowledge, Faith, and Temperance.
O Blessed Jesus, by thee let me have
Access to thy Heavenly Father: Let
thy Innocence and Purity procure
Pardon for my Uncleaness and Dis-
obedience: Let thy Humility extin-
guish

Satur.
Morn.

guish my Pride and Vanity ; thy Meekness extinguish my Anger, and thy Charity cover the Multitude of my Sins ; and do thou, of thine infinite Mercy, immediately after this Life, receive my Soul into everlasting Joy and Felicity, there to reign with thee for ever. *Amen.*

Saturday's Meditations in the Evening.

Upon the most Holy Sacrament.

Satur.
Even.

I Have confessed, this Week, my Sins to thee, O God ; and I hope thou hast forgiven the Wickedness of my Sins ; I do not contend in Judgment with thee : *For if thou, Lord, shouldst mark Iniquities, who shall abide it ? He that spared not his own Son, but delivered him up for us all, how shall he not with him also freely give us all Things ?* Rom. viii. 32. This is indeed, O God, a sure Pledge of thine infinite Love for thy poor Creatures.—Upon this I depend when my Heart is in Heaviness for my Sins : —This is my Refuge when I remember my Sins, and thy divine Justice.

office.—O make me truly sensible of this thy great Love;—and give me the Graces which that Love sees needful for me, for Jesus Christ's Sake, the Son of thy Love. *Amen.*

How greatly hast thou loved us, O thou good Father, who sparedst not thy only Son, but deliveredst him up for the Ungodly! How greatly hast thou loved us, seeing he, who thought it no Robbery to be equal with thee, was made subject, even to Death, even the Death of the Cross: And therefore do I justly repose my Hope in thee, and I trust thou wilt heal all my Diseases, else should I despair, for many and great are the Diseases of my Soul; but greater is the Cure which thou hast provided for them. Behold, O Lord, I cast all my Care upon thee; let my Soul live, and it shall praise thee, and I will consider the wonderful Things of thy Law. Thou knowest my Infirmities: *Heal me, O Jesus, and I shall be healed; save me, and I shall be saved, for thou art my Praise. In the Multitude of thy Mercies will I go unto the Altar of God, even unto the God of my Joy and Gladness.*

A Week's Preparation

Satur. *ness. Cloath me, O Lord, in thy*
Even. *Wedding Garment, and be unto me*
Wisdom and Righteousness, and Sancti-
fication and Redemption.

Now repair to the publick Service of
the Church, if you have Opportu-
nity.

A Prayer on Saturday Evening, to
Jesus Christ, for our due Receiving
of the Holy Sacrament,

LORD, remember me in thy King-
dom: Lord, lay not the Sins of
mine Enemies to their Charge; Lord
lay not my own Sins to my Charge
but by thine Agony and bloody Sweat
by thy Head crown'd with Thorns
and smitten with Fists and Staves, by
thine Eyes full of Tears, and thine
Ears pierced with Slanders and Revi-
lings; by thy Face miserably defiled
with Spittle, by the Mouth moisten'd
with Vinegar and Gall, by thy Neck
bending under the Weight of the
Cross, by thy Back torn and furrow'd
with Scourges, by thy loud and bitter
Cry, *My God, my God, why hast thou*
forsaken me? by thy Heart wounded
with

for the Sacrament.

105

Satur.
Even.

with a Soldier's Spear, by the Water
and Blood streaming from that Wound;
by thy Body broken and thy Blood
shed for me; by the saving and signi-
ficant Memorials of thy Love and Suf-
ferings, *Forgive, O Lord, the Offences*
of thy Servant, and cover all my Sins.
Take away all thy Displeasure, and turn
thyself from thy wrathful Indignation.
Turn me, O God, my Saviour, and let
thy Anger cease from me. Grant
me, dearest Lord, such a Sense of thy
Sufferings, as may fill my Soul with
Love and Gratitude towards thee, for
those inestimable Blessings thou hast
purchased for me; and give me such
a Sight of my Sins, which occasion'd
all thy Sorrows, as heartily to bewail
and detest them, and such a Faith in
that full, perfect, and sufficient Sacri-
fice, Oblation and Satisfaction which
thou hast made for the Sins of the
World, that I may so importunately
plead the Merit of it, in this Com-
memoration of that Sacrifice, as to
render thee gracious and propitious to
me a miserable Sinner. O Lord, hear
my Prayers, and let my Cry come
unto thee. *Amen.*

F 5

Sunday's

Sunday's Meditations in the Morning.

Upon the most Holy Sacrament.

Sund.
Morn.

DO S T thou rightly understand, O my Soul, the unspeakably great Dignity of this blessed Ordinance? Behold thou art going to feast with the King of Kings! What an Honour, what Felicity is this? How happy mayst thou be, if this Sacrament kindles in thee a fervent Love to thy dear Redeemer? and can it do less? Behold here is represented the greatest Love that ever was vouchsafed to Men: Here Christ entertains the devout Soul with his choicest Blessings, and opens the Windows of Heaven to rain down this celestial Manna for us to eat. To thy Holy Temple, O my God, I am now going, to renew my Baptismal Vow, and to enter into a solemn Covenant with thee, and do faithfully promise to resign myself entirely to thee, to be faithful to thee, and to live up to those Laws which my Saviour hath establish'd with his own Blood.

Draw

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for the Sacrament.

107

Sund.
Morn.

Draw near with Faith, ye contrite Souls, and take this holy Sacrament to your Comfort; let your Sorrow be turned into Joy, and your Fear into Faith and Hope; go and offer up your best Praises to the Father, who contrived this glorious Redemption; to the Son, who effected it; and to the Holy Ghost, who give us the Benefit thereof. O! the Heighth and Length, the Depth and Breadth of the Love of Christ! Who can sufficiently admire it, that so great a Majesty should stoop so low, and suffer so much, for his lost and miserably undone Creatures, on purpose to advance us to so blessed a Condition?

O ye blessed Host of Heaven, who rejoice at the Conversion of one single Sinner, adore and praise my crucified Saviour, who died for the Sins of the World; adore and praise that unknown Sorrow, that wonderful Love, which you yourselves must needs admire.

O my gracious Lord, my Heart is now full of the Sense of thy Love; and what have I to return to thee, but Love again? 'Tis all I have to offer thee; accept it, O merciful Lord,

Sund.
Morn.

Lord, imperfect as it is. And do thou daily heighten my Sense of thy Love to me, that I may daily heighten my Love to thee.

O thou infinite Lover of Souls, with all my Heart I love, I praise, I adore thy Love to me; but, alas! I can never do it enough. O do thou at last, gracious Lord, translate me to thy Kingdom of Glory, that there I may love thee to the utmost Capacity of a Creature, and praise thee to all Eternity. *Amen, Lord Jesus, Amen, Amen.*

O Lord, make me earnest and zealous in thy Service; and as thou hast sent thy Son to bring us to thyself, do thou likewise send thy Holy Spirit to sanctify me for thyself; and then I, who of myself am naturally prone to Evil, shall, by the Assistance of thy Grace, *run the Way of thy Commandments.*

Let neither the Flesh, the World, nor the Devil, prevail with thee, O Christian, to neglect this dying Command of Christ, *Do this in Remembrance of me:* Is this remembering thy dearest Friend, to think of him solemnly

for the Sacrament.

109

lemnly but once or twice a Year? ^{Sund. Morn.}
 Shouldst thou not remember him as
 often as thou hast an Opportunity?
 Should thy Saviour remember thee
 no oftner than thou dost his Death
 and Passion, how fearful would thy
 Condition be? Canst thou represent
 his Love too often to thy Mind and
 Affections? Art thou afraid of think-
 ing too much of his Love? Art thou
 afraid of being too much devoted to his
 Service? Considering, how dull, how
 dead thou often art, thou hadst not
 come frequently to the Sacrament, to
 have thy Heart made tender, broken
 and contrite for thy Sins. Art thou
 afraid of renewing thy Repentance, thy
 Faith, thy Hope, thy Charity too
 often? The oftner thou dost resort to
 this blessed Communion the greater
 will be thy Acquaintance with the
 best of Friends; no Person is more
 welcome at this Table, than the
 Humble and Broken-hearted; and
 none meet with more favourable Re-
 ception than the poor in Spirit; these
 our crucified Jesus will most gra-
 ciously receive. O come then, let
 us go into the House of the Lord, and
 our

Sund. our most merciful Redeemer will say
Morn. unto us, *Be of good Cheer, your Sins*
are forgiven you.

*A Prayer on Sunday Morning before
the Communion at Home.*

O Blessed and eternal Jesus, thou true Lover of our Souls, who art ever pleased with our Love and hearty Affection to thee, and wouldest have us delight ourselves in the Thoughts of thee; who gavest thyself a Sacrifice for our Sins, and thy most precious Body and Blood for our Spiritual Food in this holy Sacrament; who didst so love us who were thine Enemies, that thou desiredst to reconcile us to thy offended Father, and becamest Man for our Sakes, that we might endeavour to live in Holiness before thee all the Days of our Life: O give me Grace to imitate thy divine Virtues. But, O Lord, I am ashamed, and blush to lift up my Face towards thee, for mine Iniquities are increased over my Head, and my Trespases are grown up even unto Heaven. I have wrought all these great Provocations, which I have

for the Sacrament.

III

have confessed this Week, and hating ^{Sund.} to be reformed, have cast thy Words ^{Morn.} behind me, and quenched thy Spirit within me.

O Lord, I am become out of Measure sinful: And since I have thus chosen Death, I am most worthy to take Part of it. This, this, O Lord, ought in Justice to be the Portion of my Cup: To me belongs nothing but Shame and Confusion of Face: But to thee, O Lord God, belongeth Mercy and Forgiveness, though I have rebelled against thee. O remember not my Sins and Offences, but according to thy Mercy think upon me. And now that I am this Day to receive the Blessed Sacrament of thy precious Body and Blood, O Lord, I beseech thee, let thy Holy Spirit seal unto my Soul all the Blessings contained in the Sacrament, that by the Merits of thy Death and Passion, all my Sins may be fully remitted and forgiven, that the Curse and Judgment which they have deserved may never overtake me in this Life, or condemn me in the World which is to come. My steadfast Faith is, that thou

A Week's Preparation

Sund.
Morn.

thou hast died for my Sins, and risen again for my Justification. This I believe, O Lord, help thou mine Unbelief.

Work in me, I beseech thee, an unfeigned Repentance, that I may heartily bewail my former Sins, and loath them, and serve thee henceforth in Newness of Life; and let my Soul never forget the infinite Love of so sweet a Saviour, that hath laid down his Life to redeem so vile a Sinner. And grant, O Lord, that having received the Seals and Pledges of my Communion with thee, thou mayst henceforth so dwell by thy Spirit in me, and I so live by Faith in thee, that I may carefully walk all the Days of my Life in Godliness and Piety towards thee, and in Christian Love and Charity towards my Neighbours; that living in thy Fear, I may die in thy Favour, and, after Death, be made Partaker of Eternal Life, thro' Jesus Christ, my Lord and Saviour, to whom be Glory for ever. *Amen.*

Now repair unto the publick Service of the Church, and behave there with all possible Seriousness and Devotion.

Having

Having entered into the Church with due Reverence, we may, at our first kneeling down, present ourselves to Almighty God in one of these or the like short Ejaculations.

LE T the Words of my Mouth, and the Meditations of my Heart, be now and ever acceptable in thy Sight, O Lord, my Strength, and my Redeemer. Psal. xix. 14.

Or,

O Lord prepare my unprepared Heart for Prayer !

O thou that hearest Prayer, unto thee shall all Flesh come.

How amiable are thy Tabernacles, O Lord of Hosts ! My Soul hath a Desire and Longing to enter into the Courts of the Lord ; my Heart and my Flesh rejoice in the Living God.

Lord, I am now in thy House : Accept, I pray thee, of me, and my Services ; and dispose my Heart to Seriousness, Attention and Devotion, and grant that I may receive the holy Sacrament with Faith, Thanksgiving and Charity. Be pleased to assist, with thy holy Spirit, both Ministers and People ; and sanctify to our Use

Use thy holy Ordinances for Jesus Christ
his Sake. *Amen.*

*A Thanksgiving for Christ's Sufferings
which may be used before the Communion
Service begins, if Time permit.*

O Thou, my merciful Saviour, Glory
be to thee, for causing thy Suffer-
ings to be register'd in the Gospel: There
I have read, and remember the Works
and Triumphs of thy Almighty Love, for
which I will always adore and praise thee.

I remember, O gracious Lord, how
thou, who thoughtest it no Robbery to be
equal with God, wast made in the Fa-
shion of frail Man, *Philipp. ii.* of the vi-
lest and most contemptible of Men; for
thou tookest on thee the Form of a very
Servant: I remember how many Re-
proaches, and Contradictions, and Blasphe-
mies, and Persecutions, thou didst endure
from a wicked and perverse Generation;
and all this to save us sinful Men.

O Lord Jesus, was ever Sorrow like unto
thy Sorrow? Worthy art thou, O Lamb, that
was slain, to receive Power and Riches, and
Wisdom and Strength, and Honour and Glo-
ry, and Blessing. *Rev. vii. 12.*

I re-

I remember, O gracious Lord, how thou didst endure a most bitter Agony, and didst sweat great Drops of Blood falling to the Ground; how thou, who art God above all, blessed for ever, wast treacherously betrayed, and apprehended, and bound as a Malefactor; how thou wast set at nought by *Herod*, and his Men of War, and forsaken of all thy Disciples, and denied by *Peter*; and all this to save us sinful Men.

O Lord Jesus, was ever, &c.

I remember, how Thou, O God of Truth, wast accused by false Witnesses; how thou, whom all the Angels adore, wast blindfolded, and buffeted, and mocked, and spit upon, and stripped naked, and scourged; and all this that we might be healed by thy Stripes, and to save us sinful Men.

O Lord Jesus, was ever, &c.

I remember, Lord, how Thou, that art the great Judge of Heaven and Earth, wast thyself dragged to the Judgment-Seat, and condemned; how Thou, O King of Heaven, wast crowned with Thorns, and oppressed with the Weight of thy own Cross; and all this to save us sinful Men.

O Lord Jesus, was ever, &c.

I re-

I remember, O blessed Saviour, how Thou, who art the Lord of Glory, and the sole Author of Life, wast put to a most ignominious Death; how thy Hands and thy Feet were nailed to a Cross; how thou wast crucified between two Thieves, and numbered with the Transgressors; how thou hadst a Portion given thee to embitter thy very last Gasp; and all this to save sinful Men.

O Lord Jesus, was ever, &c.

I remember, O gracious Lord, how when thou wert hanging on the very Cross, thou wast scoffed at and reviled; how infinitely then thou wert afflicted and bruised for our Transgressions, when thine Iniquities of us all were laid on thy Shoulders; how thou didst then express an Anguish greater than all the Tortures of the Crucifixion, when thou didst cry out, *My God! my God! why hast thou forsaken me?* and how thou didst at the last give up the Ghost, and die thyself, that we might live.

O Lord Jesus, was ever, &c.

I unfeignedly believe, O gracious Lord, that thou didst suffer all this for sinful Men, and in particular for me, when we were all thy utter Enemies, and had no

for the Sacrament.

117

nothing in us to move thee to pity us, but
our extreme Misery; nothing to move
thee to save us, but our greater Unworthi-
ness, and thy great Mercy.

O the Depth of the Riches of thy Love;
blessed Lord! How unutterable is thy
Mercy, and thy Love past finding out!

O thou infinite Lover of Souls, with
all my Heart I love, I praise, I adore thy
Love to me; but alas! I can never do it
enough.

O do thou at last, gracious Lord, tran-
slate me to thy Kingdom of Glory, that
there I may love thee to the uttermost Ca-
pacity of a Creature, and praise thee to all
Eternity. *Amen, Lord Jesus; Amen,
Amen.*

Ejaculations to be used before Receiving of the Holy Sacrament.

Kneeling, say,

O Lord, send out thy Light and thy Truth,
that they may lead me; and bring me
unto thine holy Hill, and to thy Dwelling.
And that I may go unto the Altar of God,
even unto the God of my Joy and Glad-
ness. Like as the Hart desireth the Water-
Brooks; so longeth my Soul after thee, O
God. My

A Week's Preparation

My Heart is ready, O God, my Heart is ready.

Thou knowest, Lord, that I love thee
O may I continue thy Love!

Lord, what wilt thou have me to do?

Grant me to do what thou commandest
and command what thou wilt.

Be thou my Shield and Buckler, the
Horn also of my Salvation and my Refuge

I will wash my Hands in Innocency, and
so will I go to thine Altar.

O Jesu! Thou art the Life of my Soul:
Thou art my Strength and my Redeemer.

O Joy of my Soul, when shall I love
thee with all my Heart, and with all my
Might?

When will the Days of my Pilgrimage
be over?

When shall I come and appear before
God?

O that I could always delight in thy Ser-
vice!

O that I could perfectly obey thee!

Grant, dearest Lord! that I may conti-
nually reverence and adore thee.

O inexhaustible Fountain of Mercy,
pardon me all my Sins and Offences.

Permit me not, O blessed Jesus, ever to
be separated from thee.

If God be for us, who can be against us ;
He that spared not his own Son, but delivered him up for us all, how shall he not with him also freely give us all Things !

Blessed are they that dwell in thy House ;
they shall be always praising thee.

Lord ! one Day in thy House is better
than a thousand.

Holy, Holy, Holy, Lord God of Sabbath, Heaven and Earth are full of the Majesty of thy Glory.

Teach me, enlighten me, direct me,
and assist me in all Things, but especially
at this Time, that I may do or say nothing
but what is agreeable to thy blessed Will
and Pleasure.

Too late have I known thee, O infinite
Goodness.

Too late have I loved thee, O Lord,
thou Lover of Souls.

I have gone astray like a Sheep that is
lost ;

But now, that I have found thee, tho'
late, suffer me not, good Lord, to forsake
thee any more, or run astray from thy
Commandments. *Hold thou me up, and I
shall be safe : Yea, my Delight shall be ever
in thy Statutes.*

And this I beg for Jesus Christ his Sake.
Amen.

A short Prayer to be said before the Receiving of the Holy Sacrament.

O Lord our God, how wonderful is thy Love! how excellent the Loving Kindness which thou hast shewn towards us, miserable and wretched Sinners for the Sake of thy dear Son! No Man's Heart is able to conceive it, much less any Man's Tongue able to express it. And now (O Lord) how is it possible for me thy poor sinful Creature, to requite the least Part of these thy manifold, great and unspeakable Mercies towards us? I know and confess, that it is not in the Power of any mortal Man, or Angel to do it. The only Thing, therefore, that thou requirest at our Hands, is to shew ourselves obedient to thy Commands, and thankful for thy Favours. Duties which tho' I cannot perform in a worthy Manner, yet Lord, I will endeavour to perform them as well as I am able, even from the Bottom of my Heart, with all my Mind, and with all my Strength. In Token whereof, I now approach thy Holy Table, there to receive the Sacrament of the Body and Blood of thy Son Jesus Christ, and to offer unto thee (as my Duty is) the Sacrifice of

Praise

Praise and Thanksgiving: Vouchsafe (good Lord) I humbly beseech thee, so to dispose my Heart by thy Grace and Holy Spirit, that I may worthily receive these Heavenly Mysteries, to the strengthening and refreshing of my Soul; that I may purge out the old Leaven of my corrupt and wicked Nature, by hearty and unfeigned Repentance, and spiritually eat the Flesh of Christ, and drink his Blood by a true and lively Faith. O may the Merits of my dearest Saviour's Incarnation, Passion, Resurrection and Ascension, be applied to my Soul! O may I taste those sweet and comfortable Promises made unto us in the Word of his Holy Gospel! Finally, may I be Partaker of all the Fruits and Benefits of that most precious and perfect Sacrifice, which he, in the Body of his Flesh, offered up once upon the Cross, for the Redemption and Salvation of Mankind; and thro' a stedfast and constant Faith in him, may it be available as well for me as for all others, to the obtaining of free Justification and Peace in this World, and of eternal Felicity and Blessedness in the World to come. Grant this, O merciful Father, for the Sake of my only begotten Son our Lord; who having conquered Satan, Death, Hell, and

all the Powers of Darknes, doth now live and reign in the highest Heavens, co-equal and co-eternal with thee and the Holy Ghost for ever. *Amen.*

Ejaculations to be used before Receiving of the Holy Sacrament.

Out of the Psalms.

HA V E Mercy upon me, O God, after thy great Goodness; according to the Multitude of thy Mercies, do away mine Offences.

Wash me thoroughly from my Wickedness, and cleanse me from my Sin.

For I acknowledge my Faults, and my Sin is ever before me.

Against thee only have I sinned, and done this Evil in thy Sight; that thou mightest be justified in thy Saying, and clear when thou art judged.

Thou shalt purge me with Hyssop, and I shall be clean; thou shalt wash me, and I shall be whiter than Snow.

Thou shalt make me hear of Joy and Gladness, that the Bones which thou hast broken may rejoice.

Turn thy Face from my Sins, and put out all my Misdeeds.

for the Sacrament.

123

Make me a clean Heart, O God, and
renew a right Spirit within me.

Cast me not away from thy Presence,
and take not thy Holy Spirit from me.

O give me the Comfort of thy Help
again, and establish me with thy free
Spirit.

Thou shalt open my Lips, O Lord, and
my Mouth shall shew forth thy Praise.

St. Matth. Lord, I am not worthy that
thou shouldest come under my
Roof.

I have sinned, what shall I do unto thee,
O thou Preserver of Men?

I will take the Cup of Salvation, and
call upon the Name of the Lord; I will
pay my Vows unto him now in the Pre-
sence of all his People.

Gracious God! the Son of thy Love
ever liveth to make Intercession for us.

Hearken to the Cry of his Blood, which
speaketh better Things than that of *Abel*.

By his Agony and bloody Sweat, by
his Cross and Passion, good Lord deliver
me.

O Lamb of God, which takest away
the Sins of the World, grant me thy
Peace.

O Lamb of God, which takest away
the Sins of the World, have Mercy upon
me.

Glory be to the Father, &c.



AN OFFICE for the HOLY COMMUNION.

When the Sermon is ended, let the Devout Communicant endeavour to compose his Thoughts, and raise his Affections to a serious Attendance upon the succeeding Sacramental Service.

¶ Then shall the Priest return to the Lord's Table, and begin the Offertory, saying one or more of these Sentences following, as he thinketh most convenient in his Discretion.

LET your light so shine before men, that they may see your good works, and glorify your Father which is in heaven. St. Matth. v. 16.

Nothing can be more compleat, more rational, or devoutly moving than the whole Communion Service.

These Sentences are Persuasives to Charity, which is especially to be

sermon at this Time, when we remember the infinite Goodness of our Saviour, who though he was rich, yet for our Sakes became poor.

The Oblations made at this Time are to relieve the Sick and Needy.

When therefore you are exhorted to remember the Poor, and a Collection is made for them, hear what great Promises God hath made to such as are charitable, and resolve to give something according to your Ability, and be confident it will not be lost.

But if you are poor, and cannot give as you would at the Offertory, take Notice, that the Alms collected at the Sacrament, are Matter not of Necessity, but of Free Gift; and every one is to give only according to his Ability, and as he is disposed in his Heart. The poor Widow's two Mites were preferred to the richest Oblations of the Wealthy. And he that has nothing at all to give, is invited freely to partake of these spiritual Blessings without Money, and without Price.

Lay not up for yourselves treasures upon earth, where the rust and moth doth corrupt, and where thieves break through and steal : but lay up for yourselves treasures in heaven, where neither rust nor moth doth corrupt, and where thieves do not break through and steal. *St. Matth. vi. 19, 20.*

Whatsoever ye would that Men should do unto you, even so do unto them; for this is the law and the prophets. *St. Matth. vii. 12.*

Not every one that saith unto me, Lord, Lord, shall enter into the kingdom of heaven, but he that doth the will of my Father which is in heaven. *St. Matth. vii. 21.*

Zaccheus stood forth, and said unto the Lord, Behold, Lord, the half of my goods I give to the poor, and if I have done any wrong to any man, I restore four fold. *St. Luke xix. 8.*

Who goeth a warfare at any time of his own coast? who planteth a vineyard, and eateth not of the fruit thereof? or who feedeth a flock, and eateth not of the milk of the flock? *1 Cor. ix. 7.*

If we have sown unto you spiritual things, is it a great matter if we shall reap your worldly things? *1 Cor. ix. 11.*

Do ye not know, that they who minister about holy things, live of the sacrifice? and they who wait at the altar, are partakers with the Altar? Even so hath the Lord also ordained, that they who preach the Gospel, should live of the Gospel. *1 Cor. ix. 13, 14.*

He that soweth little, shall reap little : and he that soweth plenteously, shall reap plenteously. Let every man do according as he is disposed in his Heart, not grudgingly, or of necessity ; for God loveth a cheerful giver. *2 Cor. ix. 6, 7.*

Let him that is taught in the word, minister unto him that teacheth, in all good things. Be not deceived, God is not mocked : for whatsoever a man soweth, that shall he reap. *Gal. vi. 6, 7.*

While

While we have time, let us do good unto all men, and specially unto them that are of the household of faith. *Gal. vi. 10.*

Godliness is great riches, if a man be content with that he hath: for we brought nothing into the world, neither may we carry any thing out. *1 Tim. vi. 6, 7.*

Charge them who are rich in this world, that they be ready to give, and glad to distribute, laying up in store for themselves a good foundation against the time to come, that they may attain eternal life. *1 Tim. vi. 17, 18, 19.*

God is not unrighteous, that he will forget your works and labour that proceedeth of love; which love ye have shewed for his name's sake, who have ministered unto the saints, and yet do minister. *Hebr. vi. 10.*

To do good, and to distribute, forget not; for with such sacrifices God is well pleased. *Heb. xiii. 16.*

Who hath this world's good, and seeth his brother have need, and shutteth up his Compassion from him, how dwelleth the love of God in him? *1 St. John iii. 17.*

Give alms of thy goods, and never turn thy face from any poor man, and then the face of the Lord shall not be turned away from thee. *Tob. iv. 7.*

Be merciful after thy power. If thou hast much, give plenteously. If thou hast little, do thy diligence gladly to give of that little: for so gatherest thou thyself a good reward in the day of necessity. *Tob. iv. 8, 9.*

He that hath pity upon the poor, lendeth unto the Lord: and look what he layeth out, it shall be paid him again. *Prov. xix. 17.*

Blessed be the man that provideth for the sick and needy: the Lord shall deliver him in the time of trouble. *Psal. xlii. 1.*

*An OFFICE for
When you make your Offering.*

Blessed Jesu! who didst accept the poor Widow's two Mites, be please graciously to accept this from thy unworthy Servant.

O Lord, comfort and succour all them who in this transitory Life are in Trouble, Sorrow, Need, Sickness, or any other Adversity.

¶ Whilst these Sentences are in reading, the Deacons, Churchwardens, or other fit Person appointed for that Purpose, shall receive the Alms for the Poor, and other Devotions of the People, in a decent Bason, to be provided by the Parish for that Purpose; and reverently bring it to the Priest, who shall humbly present and place it upon the holy Table.

¶ And when there is a Communion, the Priest shall then place upon the Table so much Bread and Wine as he shall think sufficient. After which done, the Priest shall say,

Let us pray for the whole State of Christ's Church militant here in Earth.

When the Minister begins this Prayer, let the devout Communicant join with him and proceed fervently with the Congregation, 'till the Consecration of the Bread and Wine is over. We should never use our private Prayers, when the Minister calls upon us to accompany him.

Almighty and everlasting God, who by thy holy Apostle has taught us to make Prayers and Supplications, and

to give Thanks for all Men: We humbly beseech thee most mercifully [** to accept our Alms and Oblations,* ** If there be no Alms or Oblations, then shall the Words [of accepting our Alms and Oblations] be left out unsaid.*] to receive these our prayers, which we offer unto thy Divine Majesty, beseeching thee to inspire continually the Universal Church with the Spirit of Truth, Unity and Concord: And grant that all they that do confess thy holy Name, may agree in the Truth of thy holy Word, and live in Unity and Godly Love. We beseech thee also to save and defend all Christian Kings, Princes and Governors; and especially thy Servant GEORGE our King, that under him we may be godly and quietly governed: And grant unto his whole Council, and to all that are put in Authority under him, that they may truly and indifferently minister Justice, to the Punishment of Wickedness and Vice, and to the Maintainance of thy true Religion and Virtue. Give Grace, O heavenly Father, to all Bishops and Curates, that they may, both by their Life and Doctrine, set forth thy true and lively Word, and rightly and duly administer thy holy Sacraments. And to all thy People give thy heavenly Grace; and especially to this Congregation here present, that with meek Heart and due Reverence they may hear and receive thy holy Word, truly serving thee in Holiness and Righteousness all the Days of their Life. And we most humbly beseech thee of thy Goodness, O Lord, to comfort and succour all them, who in this transitory Life are in Trouble, Sorrow, Need, Sicknes, or any other Adversity. And we also bless thy holy Name, for all thy Servants departed this Life in thy Faith and Fear; beseeching thee to give us Grace to follow their good Examples, that with them we may be Partakers of thy heavenly Kingdom.

Grant this, O Father, for Jesus Christ's Sake, our only Mediator and Advocate. Amen.

¶ At the Time of the Celebration of the Communion, the Communicants being conveniently placed for the receiving of the holy Sacrament, the Priest shall say this Exhortation:

While the Exhortation is reading, attend with great Reverence and Thankfulness to the Blessings which are promised to all worthy Communicants.

they presume to eat of that Bread, and drink of that Cup. For as the Benefit is great, if with a true penitent Heart and lively Faith we receive the holy Sacrament, (for then we spiritually eat the Flesh of Christ, and drink his Blood; then we dwell in Christ, and Christ in us; we are one with Christ, and Christ

* Say softly,

I know, Lord, that if I should stay 'till I am worthy to come, I should then never come; and therefore, though I am unworthy of so unspeakable a Mercy, yet I come to beg thy Grace to make me worthy, or at least such as thou wilt accept.

† Here say secretly.

I am indeed a miserable Sinner! God be merciful unto me!

DEARLY beloved in the Lord, ye that mind to come to the holy Communion of the Body and Blood of our Saviour Christ, must consider how Saint Paul exhorteth all Persons diligently to try and examine themselves before they presume to eat of that Bread, and drink of that Cup. For as the Benefit is great, if with a true penitent Heart and lively Faith we receive the holy Sacrament, (for then we spiritually eat the Flesh of Christ, and drink his Blood; then we dwell in Christ, and Christ in us; we are one with Christ, and Christ with us:) So is the Danger great, if we receive the same * unworthily. For then we are guilty of the Body and Blood of Christ our Saviour; we eat and drink our own Damnation, not considering the Lord's Body; we kindle God's Wrath against us; we provoke him to plague us with divers Diseases, and sundry Kinds of Death. † Judge therefore yourselves, Brethren, that ye be not judged of the Lord; repent ye truly for your Sins past; have a lively and

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steadfast Faith in Christ our Saviour; amend your Lives, and be in perfect Charity with all Men, so shall ye be meet partakers of those holy Mysteries.

† And above all Things ye must give most humble and hearty Thanks to God the Father, the Son, and the Holy Ghost, for the Redemption of the World by the Death and Passion of our Saviour Christ, both God and Man, who did humble himself even to the Death upon the Cross, for us miserable Sinners, who lay in Darkness and the Shadow of Death, that he might make us the Children of God, and ex-

† Say softly.

O blessed Lord, for thy infinite Mercies sake, pardon all my stupid Forgetfulness and Ingratitude hitherto, and do thou now create in me such a thankful and lively Remembrance of thy dying for me, that may excite me to give up myself entirely to thee, as thou didst give up thyself on the Cross for me. Amen.

alt us to everlasting Life. And to the End that we should always remember the exceeding great Love of our Master and only Saviour Jesus Christ thus dying for us, and the innumerable Benefits which by his precious Blood-shedding he hath obtained to us; he hath instituted and ordained holy Mysteries, as Pledges of his Love, and for a continual Remembrance of his Death, to our great and endless Comfort. To him therefore, with the Father and the Holy Ghost, let us give (as we are most bounden) continual Thanks, submitting ourselves wholly to his holy Will and Pleasure, and studying to serve him in true Holiness and Righteousness all the Days of our Life. Amen.

¶ Then shall the Priest say to them that come to receive the holy Communion,

YE that do truly and earnestly repent you of your Sins, and are in Love and Charity with your Neighbours, and intend to lead a new Life, following the Commandments of God, and walking from hence-

henceforth in his holy Ways ; draw near with Faith, and take this holy Sacrament to your comfort ; * and make your humble Confession to Almighty God, meekly kneeling upon your Knees.

** When you are called upon to make your humble Confession to Almighty God, be sure to let your whole Heart go along with the Minister ; and humbly pray, that you may have a Share in that Pardon which is soon after to be pronounced.*

¶ Then shall this general Confession be made in the Name of all those that are minded to receive the holy Communion, by one of the Ministers, both he and all the People kneeling humbly upon their Knees, and saying,

Repeat the Confession in the humblest Posture, audably saying the Words after the Minister, with great Sorrow of Heart.

Almighty God, Father of our Lord Jesus Christ, Maker of all Things, Judge of all Men ; We acknowledge and bewail our manifold Sins and Wickedness, which we from Time to Time most grievously have committed, by Thought, Word and Deed, against thy Divine Majesty ; provoking most justly thy Wrath and Indignation against us. We do earnestly repent, and are heartily sorry for these our Misdoings ; the Remembrance of them is grievous unto us ; the Burden of them is intolerable. Have Mercy upon us, have Mercy upon us, most merciful Father, for thy Son our Lord Jesus Christ's Sake ; forgive us all that is past, and grant that we may ever hereafter serve and please thee in Newness of Life, to the Honour and Glory of thy Name, through Jesus Christ our Lord. Amen.

Then

¶ Then shall the Priest (or the Bishop being present) stand up, and turning himself to the People, pronounce, this Absolution.

Be silent, attentive, and in an humble Posture, when the Absolution is pronounced, and earnestly beg of God, that he would be pleased to confirm in Heaven, what his Minister declares on Earth.

A Almighty God our heavenly Father, who of his great Mercy hath promised Forgiveness of Sins to all them that with hearty Repentance and true Faith turn unto him: Have Mercy upon you, pardon and deliver you from all your Sins, confirm and strengthen you in all Goodness, and bring you to everlasting Life, through Jesus Christ our Lord. Amen.

In the Absolution, we should not repeat the Words after the Minister, because therein he exercises a Part of the Priest's Office, which does not belong to us.

When the following Portions of Scripture are read, we should make short Ejaculations after them in the following Manner:

¶ Then shall the Priest say,

Hear what comfortable Words our Saviour Christ saith unto all that truly turn to him.

COME unto me, all ye that travel and are heavy laden, and I will refresh you. St. *Matth.* xi. 28.

Refresh, O Lord, thy Servant, wearied with the Burden of Sin.

So God loved the World, that he gave his only-begotten Son, to the End that all that believe in him should not perish, but have everlasting Life, St. *John* iii. 16.

Lord, I believe in thy Son, Jesus Christ, and let this Faith cleanse me from all Sin and Wickdness.

Hear

Hear also what *St. Paul* saith :

This is a true Saying, and worthy of all to be received, that Christ Jesus came into the World to save Sinners. 1 *Tim.* i. 15.

I embrace, with all Thankfulness, that Salvation which Jesus has brought into the World.

Hear also what *St. John* saith :

If any Man sin, we have an Advocate with the Father, Jesus Christ the Righteous, and he is the Propitiation for our Sins. 1 *St. John* ii. 1.

Intercede for me, O blessed Jesu ! that my Sins may be pardoned through the Merits of thy Death.

¶ *After which the Priest shall proceed, saying ;*

Lift up your Hearts.

Answ. We lift them up unto the Lord.

Priest. Let us give Thanks unto our Lord God.

Answ. It is meet and right so to do.

¶ *Then shall the Priest turn to the Lord's Table, and say ;*

IT is very meet, right, and our bounden Duty, that we should at all Times, and in all Places, give
 * *These Words* [Holy Thanks unto thee, O Lord,
 Father] *must be omitted* * Holy Father, Almighty
on Trinity Sunday. everlasting God.

¶ *Here*

¶ Here shall follow the proper Preface, according to the Time, if there be any specially appointed; or else immediately shall follow;

Therefore with Angels and Archangels, and with all the Company of Heaven, we laud and magnify thy glorious Name, evermore praising thee, and saying, Holy, holy, holy, Lord God of Hosts, Heaven and Earth are full of thy Glory. Glory be to thee O Lord Most High. Amen.

If this excellent Form of praising the Most High God were oftener in Christians Mouths than it is, it would most certainly render them more worthy both to join in this Service here, and in Heaven with the Angels of God hereafter.

¶ Proper Prefaces.

¶ Upon Christmas-day, and seven Days after.

BEcause thou didst give Jesus Christ, thine only Son, to be born as at this Time for us, who by the Operation of the Holy Ghost, was made very Man of the Substance of the Virgin Mary his Mother, and that without Spot of Sin, to make us clean from all Sin. Therefore with Angels, &c.

¶ Upon Easter-day, and seven Days after.

BUT chiefly are we bound to praise thee for the glorious Resurrection of thy Son Jesus Christ our Lord: For he is the very Paschal Lamb which was offered for us, and hath taken away the Sin of the World; who by his death hath destroy'd Death, and by his rising to Life again hath restored to us everlasting Life. Therefore with Angels, &c.

¶ Upon Ascension day, and seven Days after.

THrough thy most dearly beloved Son Jesus Christ our Lord, who after his most glorious Resurrection manifestly appeared to all his Apostles, and in their Sight ascended up into Heaven to prepare a Place for

for us ; that where he is, thither we might also ascend, and reign with him in Glory. Therefore with Angels, &c.

¶ Upon Whit-sunday and six Days after.

THrough Jesus Christ our Lord ; according to whose most true Promise, the Holy Ghost came down as at this Time from Heaven with a sudden great Sound, as it had been a mighty Wind, in the Likeness of fiery Tongues, lighting upon the Apostles, to teach them, and to lead them to all Truth, giving them both the Gift of divers Languages, and also Boldness with fervent Zeal constantly to preach the Gospel unto all Nations, whereby we have been brought out of Darkness and Error into the clear Light and true Knowledge of thee, and of thy Son Jesus Christ. Therefore with Angels, &c.

¶ Upon the Feast of Trinity only.

WHO art one God, one Lord ; not One only Person, but Three Persons in one Substance. For that which we believe of the Glory of the Father, the same we believe of the Son, and of the Holy Ghost, without any Difference or Inequality. Therefore with Angels, &c.

¶ After each of which Prefaces, shall immediately be sung or said,

Therefore with Angels and Archangels, and with all the Company of Heaven, we laud and magnify thy glorious Name, evermore praising thee, and saying, Holy, holy, holy, Lord God of Hosts, Heaven and Earth are full of thy Glory. Glory be to thee, O Lord Most High. Amen.

¶ Then

¶ Then shall the Priest, kneeling down at the Lord's Table, say, in the Name of all them that shall receive the Communion, this Prayer following:

WE do not presume to come to this thy Table, O merciful Lord, trusting in our own Righteousness, but in thy manifold and great Mercies. We are not worthy so much as to gather up the Crumbs under thy Table. But thou art the same Lord, whose Property is always to have Mercy; Grant us therefore, gracious Lord, so to eat the Flesh of thy dear Son Jesus Christ, and to drink his Blood, that our sinful Bodies may be made clean by his Body, and our Souls washed through his most precious Blood, and that we may evermore dwell in him, and he in us.

When you acknowledge, that you do not presume to come to the Lord's Table, trusting in your own Righteousness, but in God's great Mercy, say this with much Seriousness, and your deep Humility will make atonement for many Imperfections.

Whilst his Minister is setting in Order the Elements to be consecrated.

LOOK down, O gracious God, from thy holy Habitation, and from the glorious Throne of thy Kingdom, and sanctify us.

¶ When the Priest standing before the Table, hath so ordered the Bread and Wine, that he may with the more Readiness and Decency break the Bread before the People, and take the Cup into his Hands, he shall say the Prayer of Consecration, as followeth:

ALmighty God, our heavenly Father, who of thy tender Mercy, didst give thine only Son Jesus Christ to suffer Death upon the Cross for our Redemption,

demption, who made there, (by his own Oblation of himself once offered) a full, perfect, and sufficient Sacrifice, Oblation, and Satisfaction for the Sins of the whole World, and did institute, and in his holy Gospel commanded us to continue a perpetual Memory of that his precious Death, until his coming again: Hear us, O merciful Father, we most humbly beseech thee, and grant that we receiving these thy Creatures of Bread and Wine, according to thy Son our Saviour Jesus Christ's holy Institution, in Remembrance of his Death and Passion, may be Partakers of his most blessed Body and Blood: Who in

(a) Here the Priest is to take the Patten into his Hands:

(b) And here to break the Bread:

(c) And here to lay his Hand upon all the Bread.

(d) Here he is to take the Cup into his Hand:

(e) And here to lay his Hand upon every Vessel (be it Chalice or Flagon) in which there is any Wine to be consecrated.

the same Night that he was betray'd (a) took Bread, and when he had given Thanks, (b) he brake it, and gave it to his Disciples, saying Take, eat, (c) this is my Body which is given for you, do this in Remembrance of me. Likewise after Supper (d) he took the Cup, and when he had given Thanks he gave it to them, saying, Drink ye all of this, for (e) this is my Blood of the New Testament, which is shed for you, and for many, for the Remission of Sins: Do this, as oft as ye shall drink it, in Remembrance of me. Amen.

* When God's Minister breaketh the Bread, and poureth out the Wine, and blesteth them, let them put you in Remembrance of Christ's Body broken, and his Blood shed upon the Cross for our Redemption; and pray that they may be a Means of conveying unto your Soul all the Benefits of his precious Death.

¶ Then

Then shall the Minister first receive the Communion in both Kinds himself, and then proceed to deliver the same to the Bishops, Priests, and Deacons in like Manner, (if any be present) and after that to the People also in order, into their Hands, all meekly kneeling.

At going to the Altar.

IN the Multitude of thy Mercies, O Lord, do I now approach thy Altar; O pardon my Sins, and receive me graciously. *Amen, Amen.*

Before Receiving.

BLessed Jesus, I do heartily repent of all my Sins, and here in this holy Sacrament do unfeignedly renew my Baptismal Vow and Covenant. Strengthen me, O Lord, in such a Manner by this spiritual Food, that I may successfully fight under thy Banner, against Sin, the World and the Devil, and continue thy faithful Soldier and Servant unto my Life's End. *Amen.*

When the Minister is drawing near you, and before you receive the Bread, fix your Thoughts upon Jesus Christ dying for the Sins of the World, and say in your Heart,

O Blessed Jesu, in the Bread broken I call to mind thy Body torn with Whips,

Whips, and Thorns, and Nails. Glory be
to thee, O Lamb of God, that didst offer
thyself a Sacrifice to take away the Sins of
the whole World: Lord have Mercy on
me, and take away mine also.

*When the Minister is delivering the Bread
to you, go on with him in your Heart and
say,*

THE Body of our Lord Jesus Christ,
which was given for me, preserve
my Body and Soul unto everlasting Life:
I take and eat this in Remembrance that
Christ died for me, and desire to feed on
him in my Heart, by Faith and Thankf-
giving.

After receiving the Bread.

Blessed be the Name of my gracious and
blessed Saviour Jesus, for giving me
his precious Body to be the Food of my
Soul. Grant, dearest Lord, that what
thou hast given me for the Remission of
my Sins, may not, by my Fault, become
the Saviour of Death unto me. O Lord,
I humbly present to thee my Body and
Soul: Do thou make them fit for thy Ser-
vice, that so I may henceforth walk in
Righteousness and Holiness before thee all
the Day of my Life. *Amen, Amen.*

Or

Or thus,

O Thou, who vouchsafest to be our spiritual Food in this Holy Sacrament, nourish my Soul to Life eternal. By thy crucified Body, deliver me from this Body of Sin and Death!

Before receiving the Cup.

I Will receive the Cup of Salvation and call upon the Name of the Lord. May the Blood of our Lord Jesus Christ, which was shed for me, purge my Conscience from dead Works to serve the living God.

Lord, if thou wilt thou canst make me clean: O speak the Word, and I shall be made clean.

When the Minister draws near to deliver the Cup, fix your Thoughts upon Jesus Christ dying for the Sins of the World, and devoutly say,

O Blessed Jesu, in the Wine poured out, I call to Mind thy precious Blood, shed for my Sins. Glory be to thee, O Lamb of God, that didst offer thyself a Sacrifice to take away the Sins of the World: Lord have Mercy on me, and take away mine also.

When

When the Minister delivers the Cup into your Hand, go on with him in your Heart, and say,

THE Blood of our Lord Jesus Christ which was shed for me, preserve my Body and Soul unto everlasting Life. I drink this in Remembrance that Christ's Blood was shed for me, and the Lord make me truly thankful.

After receiving the Cup say,

GLORY be to thee, O Lord Jesus who permittest me to drink of the Fountain of Life freely. Blessing, Glory, Praise and Honour, Love and obedience, Dominion and Thanksgiving, be to him that sitteth on the Throne, and to the Lamb for ever and ever: For my Transgressions, which were many, are blotted out, and I am restored from Sin and Death to the joyful Hopes of a blessed Immortality. Thanks be unto God for his unspeakable Mercies in Christ Jesus our Lord.

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After

After you come from the Communion Table, you may use the following Prayer in private; either in the Church (if you have Time) or at home;

MOST gracious and merciful Saviour, to whose Patience and Long-Suffering I wholly owe it, that amidst my manifold Sins and Offences, I am spared and preserved to this Day; I give thee hearty Thanks for this Opportunity of coming to thy Holy Table, and receiving the most comfortable Pledges of thy Pardon and Favour. Imprint, I beseech thee, such a lively Sense of this thine inestimable Love in my Mind, that I may never crucify thee afresh, and put thee to an open Shame, by relapsing under the Power of Sin.

Blessed Lord! I present unto thee my Body and Soul, for a living, holy, and acceptable Sacrifice, which is my reasonable Service. Accept this Offering absolutely and without Reserve, strengthen my Resolution to be faithful unto Death: Let me be renewed in the Spirit of my Mind, that being changed into thine own Image, I may abound in every good Work, so that growing from Strength to Strength,
from

from one Degree of Perfection to another, I may at last sit down at thy Table in Heaven with *Abraham, Isaac and Jacob*, and with all thy Saints and Servants who are departed in thy Fear and Love: Even so, Lord Jesus. *Amen.*

Afterwards some of these Passages of Scripture may be used, if Time will permit.

Out of the Psalms.

BLESS the Lord, O my Soul, and all that is within me praise his Holy Name: Praise the Lord, O my Soul, and forget not all his Benefits.

Who forgiveth all thy Sins, and healeth all thine Infirmities.

Who redeemeth thy Life from Destruction, and crowneth thee with Mercy and Loving-kindness.

Who satisfieth thy Mouth with good Things.

The Lord is full of Compassion and Mercy, Long-suffering, and of great Goodness.

He hath not dealt with us after our Sins, nor rewarded us according to our Wickedness.

For

For look how high the Heaven is in Comparison of the Earth ; so great is his Mercy always towards them that fear him.

Look how wide also the East is from the West ; so far hath he set our Sins from us.

Yea, like as a Father pitieth his own Children ; even so is the Lord merciful unto them that fear him.

I have sworn, and am steadfastly purposed to keep thy Righteous Judgments.

O hold thou up my Goings in thy Paths, that my Footsteps slip not.

O praise the Lord all ye his Hosts, ye Servants of his that do his Pleasure.

O speak good of the Lord all ye Works of his, in all Places of his Dominion : Praise thou the Lord, O my Soul.

Thou art my God, and I will thank thee ; thou art my God, and I will praise thee.

O give Thanks unto the Lord, for he is gracious, because his Mercy endureth for ever.

Glory be to the Father, &c.

As it was in the Beginning, &c.

Now the God of Peace, that brought again from the Dead our Lord Jesus, that great Shepherd of the Sheep, through the
H Blood

Blood of the everlasting Covenant, make me perfect in every good Work to do his Will, working in me that which is well-pleasing in his Sight, through Jesus Christ; to whom be glory for ever and ever. *Amen.*

The POST-COMMUNION.

- ¶ *When all have communicated, the Minister shall return to the Lord's Table, and reverently place upon it what remaineth of the consecrated Elements, covering the same with a fair Linnen Cloath.*
- ¶ *Then shall the Priest say the Lord's Prayer, the People repeating after him every Petition.*

The Lord's Prayer should always be said with the greatest Deliberation and Devotion, and especially at this Time, when we have been receiving that Bread, which must nourish our Souls unto eternal Life.

OUR Father, which art in Heaven; Hallowed be thy Name.—Thy Kingdom come.—Thy Will be done in Earth, As it is in Heaven.—Give us this Day our daily Bread.—And forgive us our Trespases, as we forgive them that Trespase against us.—

And lead us not into Temptation; — But deliver us from Evil: —For thine is the Kingdom, and the Power, and the Glory, for ever and ever. *Amen.*

¶ *After shall be said as followeth:*

O Lord and heavenly Father, we thy humble Servants entirely desire thy Fatherly Goodness, mercifully to accept this our Sacrifice of Praise and
Thank-

Thanksgiving; most humbly beseeching thee to grant, that by the Merits and Death of thy Son Jesus Christ, and through Faith in his Blood, we and all thy whole Church may obtain Remission of our Sins, and all other Benefits of his Passion. And here we offer and present unto thee, O Lord, Ourselves, our Souls and Bodies, to be a reasonable, holy, and lively Sacrifice unto thee; humbly beseeching thee, that all we who are Partakers of this holy Communion may be fulfilled with thy Grace and heavenly Benediction. And although we be unworthy, through our manifold Sins, to offer unto thee any Sacrifice; yet we beseech thee to accept this our bounden Duty and Service; not weighing our Merits, but pardoning our Offences, through Jesus Christ our Lord; by whom, and with whom, in the Unity of the Holy Ghost, all Honour and Glory be unto thee, O Father Almighty, World without End. *Amen.*

¶ *Or this.*

A Almighty and everlasting God, we most heartily thank thee, for that thou dost vouchsafe to feed us, who have duly received these holy Mysteries, with the spiritual Food of the most precious Body and Blood of thy Son, our Saviour Jesus Christ; and dost assure us thereby of thy Favour and Goodness towards us; and that we are very Members incorporate in the mystical Body of thy Son, which is the blessed Company of all faithful People; and are also Heirs through hope of thy everlasting Kingdom, by the Merits of the most precious Death and Passion of thy dear Son. And we most humbly beseech thee, O heavenly Father, so to assist us with thy Grace, that we may continue in that holy Fellowship, and do all such good Works as thou hast prepared for us to walk in, through Jesus Christ our Lord, to whom with thee, and the Holy Ghost, be all Honour and Glory, World without End. *Amen.*

¶ Then shall be said or sung :

After the Example of our dear Redeemer, who, when he had instituted and ordained this Sacrament, sung an Hymn ; so do we praise God the Father, Son, and Holy Ghost, for our Redemption, in this most excellent Hymn.

GLORY be to God on high, and in Earth Peace, Good-will towards Men. We praise thee, we bless thee, we worship thee, we glorify thee, we give Thanks to thee for thy great Glory, O Lord God, heavenly King, God the Father Almighty.

O Lord, the only-begotten Son, Jesus Christ, O Lord God, Lamb of God, Son of the Father, that takest away the Sins of the World, have Mercy upon us. Thou that takest away the Sins of the World have Mercy upon us. Thou that takest away the Sins of the World, receive our Prayer. Thou that fittest at the Right-hand of God the Father, have Mercy upon us.

For thou only art holy, thou only art the Lord, thou only, O Christ, with the Holy Ghost, are most high in the Glory of God the Father. *Amen.*

¶ Then the Priest (or Bishop, if he be present) shall let them depart with this Blessing :

THE Peace of God, which passeth all Understanding, keep your Hearts and Minds in the Knowledge and Love of God, and of his Son Jesus Christ our Lord : And the Blessing of God Almighty, the Father, the Son, and the Holy Ghost, be amongst you, and remain with you always. *Amen.*

When

When the Minister has finish'd the Communion Service, conclude the Whole with a short Prayer, in the following Manner :

Pardon, O God, those many Imperfections that have accompanied me in the Performance of this holy Duty, and grant that those Things which I have faithfully asked according to thy Will, may effectually be obtained, to the Relief of my Necessities, and to the setting forth of thy Glory, through Jesus Christ, my only Mediator and Advocate. *Amen.*

And now you may return home, with God's Blessing, and this comfortable Truth, that *He who spared not his own Son, but gave him up for us all, will with him also freely give us all Things.* Rom. viii. 31.

And remember, that if a Man doth truly set his Heart to seek the Lord, and doth what he can to please him, God will, for the Sake of his dear Son, pardon a great many Imperfections besides. 2 Chron. xxx. 18.

Happy Christian ! how sweetly and securely may'st thou pass thy Days, being washed from thy Sins in thy Saviour's Blood. Thou may'st now go about thy Affairs with a quiet Conscience ; and at all Times, and in all Places, safely rest in the Bosom of Providence. And by conversing so frequently with thy blessed Saviour at his holy Table here upon Earth, thou wilt be always fit and ready to go to him, and converse perpetually with him in his Kingdom above, when we shall have no Need of Sacraments, but shall see him Face to Face, and adore and praise him for ever and ever.

A Thanksgiving after the Receiving of the Blessed Sacrament at Home; which may be added to the Evening Devotions.

O Almighty and eternal God, what Thanks can I render unto thee, by whose Goodness I was created, by whose Mercy I was redeemed, by whose Power I am preserved, and by whose Grace I hope to be glorified! And for all other thy Blessings and Benefits which I enjoy both in Soul and Body; and especially for admitting me this Day to partake of the precious Body and Blood of Jesus Christ; I will therefore offer unto thee the Sacrifice of Praise and Thanksgiving, and always praise thy Holy Name.

O Lord, I heartily repent me of all my Sins, which I have confessed to thee this Week past, and am heartily sorry, when I consider how unprofitably and wickedly I have spent my Life hitherto: I beseech thee, O Lord, to amend what is amiss in me. And I earnestly intreat thee, that whatsoever thou seest in me contrary to thy blessed Will, may, by Virtue of this blessed Sacrament, be rooted out of me, that my Soul may remain a fit Habitation for thy Holy Spirit. Let it obtain for me the

Abso-

Absolution of my Sins, be the Confirmation of my Faith, and the Rest and Joy of my Soul. What shall I return unto thee for all thy Love? What shall I give unto my Lord, who hath given himself for me? I will give thee my whole Self, and devote all the Powers of my Soul and Body to thy Service, and I think myself happy, O Blessed Jesus, in the Choice I have made of thee for my Lord and Master. I rejoice in the Surrender I have made of myself to thy Service and Obedience. Grant, O Lord, that I may hereafter faithfully follow and serve thee, who hast at this Time so lovingly vouchsafed to receive me; and because (through the Infirmary of my mortal Nature) I cannot follow thee as I would, be pleased to assist me with thy free Spirit, and draw me after thee, that I may walk in thy holy Ways all the Days of my Life; and at last be brought by thy Merits, to that Place of Glory, where thou dost reign, together with the Father and the Blessed Spirit. One God, World without End. *Amen.*

O my Soul! Behold, thou art made whole, sin no more, lest a worse Thing come unto thee. *St. John v. 14.*

152 A THANKSGIVING, &c.

Praise the Lord, O my Soul, and all that is within me praise his holy Name. *Psalms ciii.*

Praise the Lord, O my Soul and forget not all his Benefits.

Who forgiveth all thy Sins, and healeth all thy Infirmities.

Who saveth thy Life from Destruction, and crowneth thee with Mercy and Loving Kindness.

Who satisfieth thy Mouth with good Things, &c.

The Peace of God, which passeth all Understanding, keep my Heart and Mind in the Knowledge and Love of God, and of his Son Jesus Christ our Lord; and the Blessing of God Almighty, the Father, Son, and Holy Ghost, be with me now, and at the Hour of Death. Amen, Amen.

N. B. *The pious Christian may be supplied with further Devotions for Sunday Evening, and also with Meditations, Prayers and Hymns for every Day of the Week, after receiving the Blessed Sacrament, in the Second Part of this WEEK'S PREPARATION; which is sold by the Proprietors of this.*

SOME

SOME

DIRECTIONS

To live well after Receiving the

Holy Sacrament.

THERE ought to be a special Care of our Behaviour after the Holy Sacrament, as well as before and during the Time of Receiving; for tho' we may come with devout Preparation, yet if we be careless, and look not to our Ways, after the Duty is done, we shall not profit at all. And it is too often seen in the World, that People will pass some Days before the Sacrament in extraordinary Devotion, in much Meditation, and in an Abstinence from the most innocent Recreations; but as soon as that is over, return (like Torrents which run with more Rapidity and Violence for having been stopped) with more Eagerness and Impatience to their beloved Lusts.

But surely this is a strange Mistake and a great Fault; for our Duty does not cease so soon as the Sacrament is done, and the

Duty ended in publick. Many careless Communicants leave their good Dispositions and Devotions in the Church; when the Sacrament is done, all is done with them; so they go from it without any Profit at all; it is never once more thought upon. O let it be your Care to make up that by After-Diligence, wherein you were wanting before; also be careful and watchful to keep up, and maintain that holy and gracious Frame of Heart, which you acquired in, and brought from the Sacrament with you. A Man when he finds Enlargement, and a gracious Disposition of Spirit given him in that Holy Ordinance, should be of St. *Peter's* Mind, when in the Mount with our Saviour in his Transfiguration, and say, *Master, it is good for us to be here*: It is good going to this Holy Sacrament as often as you can; let it be your After-Care to grow in Grace, and in the Knowledge of our Lord and Saviour Jesus Christ. Having received fresh Supplies of Strength from above, our Care should be to maintain what we have gotten at the Sacrament; and not lose the exceeding great Benefits thereof, by returning to Sin and Folly.

Let

Let us persevere in all good Works, and perform our Vows, while our Hearts are touched with a Sense of God's Love, and our Souls warmed with the Remembrance of our Saviour's Benefits. Let us sadly reflect upon our former Backslidings, and seriously consider that we have the same frail Natures; and that the Foes of our Salvation have the same Cunning and Hatred and Malice against us.

When we feel our Zeal too cool, our Devotion to decay; when we find ourselves less sensible of former Sins, and when we begin to abate of our watchfulness and Care, we must renew our Addresses to the Throne of Grace, and beg of God to keep us from the Snares of Satan, and not suffer us to be led away with the Error of the Wicked, nor fall from our own steadfastness. Our Wills are irresolute and wavering, and do not cleave stedfastly unto God; our Goodness is but as the Morning Cloud, and as the early Dew it passeth away; therefore let us beg of God to strengthen and confirm us, and pray that whatever good Work he has wrought in us, he would be pleased to accomplish and perform it until the Day of Christ. He sees our Weakness, and
knows

knows the Number and Strength of those Temptations we have to struggle with; and he will not leave us to ourselves, if we implore his Grace, but will cover our Heads in the Day of Battle, and in all spiritual Combats make us more than Conquerors through him that loved us. How earnestly should we pray that no Terrors or Flatteries, either of the World, or our own Flesh, may ever draw us from our Obedience to God; but that continuing stedfast, unmoveable, and always abounding in the Work of the Lord, we may at last obtain Glory, and Honour, and Immortality, and eternal Life.

How sad is the Case of that Man, who after he has tasted the good Word of God, and the Powers of the World to come, yet falls away again, returning like the Dog to his Vomit, and shamefully yielding to those very Sins which he so lately confess'd, it may be with Tears, and renounced in so solemn a Manner. I speak not here of the common Frailties and Infirmities of our Nature, as the first Motions of Passion, &c. but I mean gross Sins, as Injustice, Uncleaness, profane Swearing, Drunkenness, Sabbath-Breaking, Neglect of God's Word and of our daily Devotion.

tion. Not that any one of these great Sins is unpardonable, and what will not be forgiven upon true Repentance; but it is a great Aggravation of Sin to relapse into Wickedness after Vows of better Obedience made at the Altar, and after we have been washed in our Saviour's Blood. In order to keep yourself pure and undefiled, avoid ill Company as you would the Plague. Bad Men may call you precise, and despise your holy Life; but remember that God, your Conscience, and all good People will praise and esteem you. Therefore, as you are now made a new Creature, chuse new Company, take new Courses, and become a new Man. If you despise the Blood of Christ, or slight the Mercy of the Gospel by a prophane Life, your Portion will be with *Judas* who betray'd Christ, with the Scribes and Pharisees who crucified him. Therefore, if you have any Regard for the Salvation of your Soul, and Love for your God, any Affection for your blessed Redeemer, walk as becometh his Gospel, love him with your Heart, praise him with your Tongue, and glorify him in your Life.

If the great Deceiver shall offer you Pleasure or Profit to the Hurt of your Soul,

Soul, say, Get thee behind me, Satan, I have been lately at the Sacrament, and there have promised and vowed to live soberly, righteously and godly. Forget not your daily Prayers, Morning and Evening, often think upon Death, Judgment, Heaven, and Hell, fear God and keep his Commandments, and patiently wait for the Coming of Christ; remembering always for your Comfort, that the higher you rise in Piety here, the higher Degrees of Glory shall you have in Heaven hereafter.

Now let us forsake the Foolish, and live and go in the Way of Understanding; now that we have feasted at the Lord's Table, let us live no longer according to the corrupt Maxims of the World, but according to the Will of God. Let us henceforth choose new Company, and new Courses; now become new Men, and walk in new Ways: This is the very Thing that God looks for at our Hands, after we have been at the Sacrament: When we have had Fellowship with God in the holy Sacrament, we should go on from Strength to Strength, from one Degree of Virtue to another, 'till we appear before God in *Sion*.

After

After thou hast been at the Sacrament, if Satan, or any of his Instruments set upon thee, to entice thee to any Evil or Sin, arm thyself with thy Sacramental Vows; say to Satan, I was lately at the Sacrament, there thou knowest what a Vow I made to God, therefore I may not do this Evil: Wouldest thou have me be forsworn before my God? Should I, that have been at God's Table, and have eaten and drank with him, should I lift up mine Heel against him, and thus ungratefully requite my best Benefactor? God forbid.

When we come from the Sacrament, and do not shew the Efficacy and Power of it in our Hearts and Lives, and walk the more cautiously and religiously after it these two Evils assuredly follow.

1. First, God accounts such Receiving as no Honour done to him. A Life of Holiness and Obedience must follow, or we shall derive no Blessing from this sacred Ordinance. If after Eating and Drinking at the Lord's Table, there follows no Conscience of keeping your Covenant, in yielding Obedience to the divine Commands, all your Prayers will be nothing worth, neither will your Preparations be regarded
by

by that God who has declared, that without Holiness no Man shall see his Face.

Secondly, We promise and vow at the Lord's Table, to forsake our Sins, and to walk in all holy Obedience and Newness of Life: If after all this we still live in our Sins, and in the Neglect of those Duties we then solemnly engaged to perform, we horribly prophane, and take God's Name in vain, and make ourselves guilty of spiritual Perjury before God.

Are we not forsworn, if we take an Oath to do such a Thing and do it not? And do we account it a light Thing to be forsworn? Do we nothing regard the Breach of an Oath and Covenant made solemnly with God? Woe to that Man that breaks Covenant with the Great God of Heaven and Earth, who will not be mocked, who will not be baffled, who will be a swift Witness, and a severe Judge against all such as grossly take his glorious Name in vain, and so foully pollute his Holy Ordinances.

Now this Care of making good thy Vow, must not abide with thee some Days only, and then be cast aside; but it must continue with thee all thy Days: For if thou breakest thy Vow, it matters not whether sooner or later. Nay, perhaps the Guilt
may

may in some Respects be more if it be late; for if thou hast for a good while gone on in the Observance of it, that shews the Thing is possible to thee; and so thy After-Breaches are not of Infirmary, because thou can'st not avoid them; but of Perverseness, because thou wilt not. Besides the Use of Christian Walking most needs make it more easy to thee: For indeed all the Difficulty of it is but from the Custom of the Contrary; and therefore, if after some Acquaintance with it, when thou hast overcome somewhat of the Hardness, thou shalt then give it over, it will be most inexcusable. Therefore be careful all the Days of thy Life to keep such a Watch over thyself, and so to avoid all Occasions of Temptations, as may preserve thee from all wilful Breaches of this Vow.

But though the Obligation of every such single Vow reach to the utmost Day of our Lives, yet we are often to renew it, that is, we are often to receive the holy Sacrament; for that being the Means of conveying to us so great and unvaluable Benefits, and it being also a Command of Christ, that we should do this in Remembrance of him, we are, in Respect both
of

of Reason and Duty, to omit no fit Opportunity of partaking of that holy Table.

A Morning Prayer on the Week Days.

O Blessed Lord, who art infinitely holy and happy in thyself, and desirest the Happiness of all thy Creatures, I prostrate myself before thy divine Majesty in an humble Sense of thy abundant Goodness, and with Sorrow and Shame on Account of my own detestable Ingratitude. Long-suffering God ! I most humbly thank thee, that it hath pleased thy Goodness to take Care of me thy unprofitable Servant, this Night past ; that thou hast safely kept me from all mine Enemies, and hast given me sweet Sleep, to the refreshing of my poor, weak, and wearied Body : And I earnestly beseech thee, most merciful Father, to shew the like Goodness towards me this Day, in preserving my Body and Soul, that mine Enemies may have no Power over me, nor the wicked Approach to hurt me. O teach me so to walk in all Godliness and Honesty, that I may never discredit the Honour of my Religion, nor stain the holy Robe with which thou hast now decked my Soul, nor break those
holy

holy Vows which I have made at this Sacrament; nor lose thy Favour, which is better than Life itself.

Gracious God! give me a deep Contrition for my Sins past, and a hearty Detestation and Loathing of them, hating them worse than Death with Torments. Give me Grace intirely, presently, and for ever to forsake them; to walk with Care and Prudence, with Fear and Watchfulness this Day, and all the Days of my Life. To do my Duty with Diligence and Charity, with Zeal and a never-fainting Spirit; to redeem the Time; to trust upon thy Mercies; to make use of all the Opportunities of Grace; to work out my Salvation with Fear and Trembling; that thou mayest have the Glory of pardoning all my Sins, and that I may reap the Fruit of all thy Mercies, and all thy Graces; of thy Patience and Long Suffering, even to live a holy Life here, and to reign with thee for ever in that Kingdom which thou, O blessed Jesus, hast purchased with thy Blood, for all thy faithful Followers. Grant this, O Lamb of God, for the Honour of thy Name, and for thy Mercy's Sake, O most merciful Saviour and Redeemer Jesus. *Amen.*

An

An Evening Prayer for the Week Days.

O Eternal God, Fountain of Truth and Holiness, in whom to believe is Life Eternal; I make my humble Address to thy divine Majesty, begging of thee Mercy and Protection this Night and ever. O Lord, pardon all my Sins, my light and rash Words, the Vanity and Impiety of my Thoughts, my unjust and uncharitable Actions, and whatsoever I have transgressed against thee this Day, or at any Time before. O cleanse me from my secret Faults, and keep thy Servant from presumptuous Sins, lest they get the Dominion over me; remove mine Iniquities far away from thee, and be not angry with thy Servant for ever; give me a tender Conscience, a Conversation discreet and affable, modest and patient, liberal and obliging; a Body chaste and healthful; Competency of living according to my Condition; Contentedness in all Estates, a resigned Will and mortified Affections. Grant that I may be such as thou wouldst have me to be, and let my Portion be in the Lot of the Righteous, in the Brightness of thy Countenance, and the Glory of Eternity. Keep me O Lord, from

the destroying Angel this Night; let thy Anger never rise against me, but thy Rod gently correct my Follies; and guide me in thy Ways, and let thy Staff support me in all Sufferings and Changes; preserve me from sharp Sickneſs and ſudden Surprizes, keep all my Senſes entire 'till the Day of my Death, and let my Death be neither ſudden, untimely, nor unprovided; and Lord make me ever mindful of that Time when I ſhall lie down in the Duſt, and becauſe I know neither the Day nor the Hour of my Maſter's Coming, grant me Grace that I may be always ready, that I may never live in ſuch a State, as I ſhall fear to die in; but that whether I live, I may live unto the Lord, or whether I die, I may die unto the Lord, ſo that living and dying I may be thine through Jeſus Chriſt. *Amen.*



57 29:139 THE
C O N T E N T S.

THE Preface, giving some Reasons for this new Edition. Page i

The Exhortation, to be read in the Church on the Sunday before the Sacrament is administered, with some proper Remarks thereon, after the Preface, Pa. vi
 Ejaculations and short Prayers to be used every Morning when we first arise.

M O N D A Y.

Meditations in the Morning, on the most holy Sacrament.

A Prayer in the Morning, for Grace to spend the Week, and all our Time well.

Meditations in the Evening.

The Preparation required for receiving the Sacrament.

Holy and useful Rules to be observed.

A Form of Self-Examination.

Of the seven deadly Sins.

Holy Ejaculations after Examination.

A Prayer on Monday Evening.

A Prayer to conclude our Devotions for every Day in the Week.

T U E S D A Y.

Meditations in the Morning.

A Prayer in the Morning.

Meditations for the Evening, on the Necessity of Preparation.

A Prayer in the Evening.

W E D N E S D A Y

The CONTENTS.

167

W E D N E S D A Y.

<i>Meditations in the Morning.</i>	Page 44
<i>A Prayer in the Morning, of Confession of Sins, which may be used on Sacrament Days.</i>	48
<i>Meditations for the Evening.</i>	52
<i>A Prayer for the Evening.</i>	56

T H U R S D A Y.

<i>Meditations in the Morning, a Soliloquy on the most holy Sacrament, which may be used on Sacrament Days.</i>	58
<i>A Prayer for the Morning.</i>	62
<i>Meditations for the Evening.</i>	64
<i>A Soliloquy, or preparatory Prayer, for the Evening.</i>	68

F R I D A Y.

<i>Meditations on the Passion of Jesus Christ, for the Morning.</i>	69
<i>A Confession of Sins out of the holy Scriptures.</i>	73
<i>A Prayer for the Morning, of Confession of Sins.</i>	76
<i>A Prayer out of the Psalms.</i>	78
<i>Meditations for the Evening, upon the Life and Passion of our Saviour.</i>	80, 84, 86, 90
<i>A Prayer for the Evening.</i>	95

S A T U R D A Y.

<i>Meditations in the Morning.</i>	97
<i>A Prayer for our due Receiving.</i>	101
<i>Meditations in the Evening.</i>	102
<i>A Prayer for the Evening.</i>	104

S U N D A Y.

<i>Meditations for the Morning.</i>	106
<i>A Prayer in the Morning at home.</i>	110
<i>At our Entrance into the Church.</i>	113
<i>A Lanksgiving for Christ's Sufferings.</i>	114
<i>Acclamations before Receiving.</i>	117
<i>A Prayer</i>	

168 The CONTENTS.

<i>A Prayer before ditto.</i>	Page 120
<i>Ejaculations out of the Psalms,</i>	122
<i>An Office for the Holy Communion.</i>	125
<i>Directions and Exhortations whilst the Sentences of the Offertory are reading.</i>	125
<i>When you make your Offering.</i>	128
<i>Directions concerning the Prayer for the State of Christ's Church Militant here on Earth.</i>	ibid
<i>Whilst the Exhortation is reading.</i>	130
<i>Concerning the General Confession.</i>	132
<i>Whilst the Absolution is pronounced.</i>	133
<i>Ejaculations after the Texts of Scripture.</i>	ibid.
<i>Whilst the Elements are setting in Order for Consecration.</i>	137
<i>During the Time of Consecration.</i>	138
<i>At going to the Altar.</i>	139
<i>Before Receiving.</i>	ibid
<i>When the Minister draws near with the Bread.</i>	ibid
<i>When the Bread is delivered to you.</i>	140
<i>After receiving the Bread.</i>	ibid
<i>Before receiving the Cup.</i>	141
<i>When the Minister approaches with the Cup.</i>	ibid
<i>When the Cup is delivered.</i>	142
<i>After receiving the Cup.</i>	ibid
<i>When you come from the Communion Table, or at Home.</i>	143
<i>Some Passages of Scripture proper to be used.</i>	144
<i>The Post-Communion.</i>	146
<i>A concluding Prayer.</i>	149
<i>A Thanksgiving after the Sacrament at Home, which may be added to our Evening Devotions.</i>	150
<i>DIRECTIONS to live well after receiving the Holy Sacrament.</i>	153
<i>A Morning Prayer after the Sacrament.</i>	162
<i>An Evening Prayer.</i>	164

F I N I S.